

# STAR TREK SPECIAL

REVEALED

## Shatner's Docklands debut

**“** I'll do cartwheels. I'll stagger towards the front of the stage, limply hold the microphone, speak in a soft whisper and try to say something that doesn't sound too dumb. **P4-6**

**ALIEN INVASION**

Yes, really - Page 12

# TO THE RESCUE

MYSTERY surrounds an incident that saw a man dragged from a freezing cold dock by an heroic restaurant manager.

Mark Gurrieri, joint-owner of Amerigo Vespucci in Canary Wharf's Mackenzie Walk, jumped in the water to save the man in the dramatic mid-afternoon rescue.

But he says he has no idea how the victim, in his late 20s, wearing just suit trousers and a shirt, ended up in the middle of the dock.

"We'd just finished the lunch trade when I looked across to see a group of people outside, taking photos," he said.

**Continued on Page 3**



Hero Mark Gurrieri at his bar

## Bar boss dives in dock to save mystery man

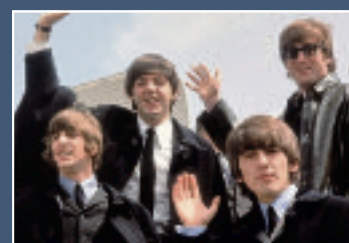
## Inside



**WIN A PAIR OF PORSCHE SUNGLASSES**

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**P61**



Wrong-footed Beatles fans are not Abbey **P3**

**WARM AND HOT**

Wrap up in style with our winter coat ideas

**P60**



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## WEATHER

<b>14C</b>	<b>TODAY</b> Showers
<b>13C</b>	<b>FRIDAY</b> Light rain
<b>15C</b>	<b>SATURDAY</b> Partly cloudy
<b>16C</b>	<b>SUNDAY</b> Rain
<b>16C</b>	<b>MONDAY</b> Partly cloudy



## TRAVEL

### TUBE & DLR

No service between Canning Town and Beckton on the DLR all weekend or between London City and Woolwich on Sunday.

### ROADS

On Sunday a charity run from Rotherhithe Tunnel through to Billingsgate Market will see disruption between 7am and 2pm.

## INSIDE

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**ESTABLISHED 1998**

# Agenda

# Why does the internet hate people?

**L**ists, to me, are like White Lightning to an alcoholic. I believe I'm not reliant on them, but I know if you took them away I'd just rock backwards and forwards humming. It's OK – I'm cool with it. Recently I've noticed simple things on my to-do list are taking longer to resolve.

Take, for example, being miss-billed by an internet host. Surely that could be fixed with a quick email?

In theory, yes. In practice it's an epic three-part trilogy documenting the battle between one woman and customer services: Lord of The Call Centre Rings.

## BLONDE'S EYE VIEW



ANGELA CLARKE

Some 24 hours after I sent my initial email, I received a reply directing me to a different department's email address. A further 24 hours after contacting the second department I received an email referring me back to the first.

At this point I thought it prudent to speak to someone. Finding a contact number proved tricky. It was as if they didn't want to talk to their customers.

Then I spent 20 minutes going through an automated system that, after my finger had developed repetitive strain injury, cut me off.

Who cared that I had work to do;

I was now determined to speak to someone at whatever the cost (10p a minute, to be precise).

It took another 49 minutes to get through to a human being who ignored my questions and responded from a script. So I lost my temper.

Immediately I was bumped up to a manager who resolved my query, refunded my money and apologised in the two minutes it should have taken to get it ticked off my list in the first place.

I've got to call the car insurance company next.

Find Angela on twitter:  
@TheAngelaClarke

## Reuters' view



Space Shuttle Endeavour is transported on Manchester Avenue while being moved from LAX to the California Science Center in Exposition Park

**A week in photos**  
Page 68

## What our writers are talking about



■ It sounds innocuous but this beautiful little app, my friend, is the answer to my excess poundage issue.

**Tabitha Ronson**

■ Brits are in the midst of a "laughter recession", with the current decade considered the least fun of the past 60 years.

**Diana Pilkington**

■ But the survival of the fittest in the post-finance meltdown world demands swift acrobatic moral re-positioning.

**Giles Broadbent**

■ We need 5,000 households to express an interest in the scheme to secure the cheapest energy tariff.

**Lutfur Rahman**

## 60 Second Wharf

### NEWS

#### Stop not stopping

Eurostar must think again about its decision not to stop at Stratford, Newham's regeneration chief says.

**Page 10**

#### Accident at work

An investigation is under way into a construction site crash at the 25 Churchill Place building.

**Page 11**

#### Man jailed for attack

A man has been jailed for three years for smashing up Barclays Bank HQ in Canary Wharf in a protest.

**Page 12**

### FEATURES

#### Chocolate treats

We have chocolate around our chops as The Balcon decides to celebrate the most luxurious of ingredients.

**Food • Pages 62-63**

#### Top coats for winter

Sadly winter is upon us – but that's the perfect excuse to don a coat that's both stylish and hot.

**Life • Pages 60-61**

#### All in my head

Phil Nicol, right, is famous for his rants – and taking off his clothes in front of Anne Robinson.

**What's On • Page 64**



P64

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## Tourists are struggling to cross the great divide



The iconic Beatles album cover

A POCK-marked zebra crossing in a rather undistinguished patch of east London has become something of an unexpected tourist attraction.

A number of overseas visitors get their picture taken in West Ham recreating – so they think – an iconic pose from cultural history.

Trouble is, the crossing is not that featured on the front of the Beatles *Abbey Road* album. It's an easy mistake to make – for the nearest DLR station is one, er, Abbey Road.

Resident Jack Walker, 68, said: "There are always loads of tourists here. They get here, look around, wonder where the crossing is, find out it's on the other side of London, and head back to the station."

And council patrol officer Rui Araujo recalls watching a young American couple mimicking the famous pose.

Traders say business is up here but down in St John's Wood, site of the real thing where shops are pushing for a name change.

"It is unfortunate that some visitors sometimes get confused by the odd duplicate place names in our large and varied city, but, this situation is also a reminder that nothing beats some in-depth research," a spokesman said.



The long and winding road leading to Abbey Road DLR

# Hero changed clothes and returned to work



Mark Gurrieri, right, and his Mackenzie Walk restaurant

### From Page One

"I then realised there was a man in the dock and these people weren't helping him.

"I called out to ask if he was alright and a little voice said 'help'.

"So I just jumped in, fully clothed, swam out to him, grabbed hold of him and pulled him to the side. At which point security guards had got there.

"I still don't know what he was doing in there. Maybe it was a prank or a dare gone wrong."

Emergency services soon arrived and whisked the mystery man to hospital in an ambulance.

Meanwhile, Marks sent for a new set of work clothes before he began greeting guests for dinner service. And he has not heard from the man or police since.

Strong swimmer Mark, 40, who opened the Italian restaurant with his brother Jon in 1994, said. "As soon

as I got in the water the cold hits you and zaps the energy out of you.

"When I got to the guy you could tell he was really struggling.

"The paramedics asked if I wanted to go to hospital to get checked out but I was only in the water for

**W** What was the water like?

"As soon as I got in the water the cold hits you and zaps the energy out of you."

Mark Gurrieri

five or 10 minutes so I said I was OK."

The incident took place at Middle Dock, between Heron Quays and Canary Wharf, at around 4.30pm on Friday, October 5.

Do you know who the man was? Email us at [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk).

## NEWS IN BRIEF

### Island digest

### Pat Cash to serve up talk on society

**CANARY WHARF** One-time Wimbledon winner Pat Cash and billionaire businessman and former tennis player Ion Tiriac



will headline a debate at the East Wintergarden.

The topic *Beyond the Baseline: Are Players Playing*

*Their Part In Society?* will be discussed by the group.

Wharf firm Credit Suisse has organised the debate, which will take place on November 7.

### Care home scare as fire takes hold

**ISLE OF DOGS** The cause of a fire that damaged a care home in Cubitt Town is under investigation.

Firefighters from Poplar and Millwall were called to the building, in Pier Street, on Thursday morning.

The blaze had affected an internal staircase but crews were able to prevent the flames from spreading further.

Ambulance staff treated a woman for smoke inhalation.

Re:SPA

newbody  
OSTEOPATHY

## Do you suffer from Migraines?

### Did you know?

Research\* has shown that, "spinal manipulation has an effectiveness similar to prescription medication for the treatment of migraine".

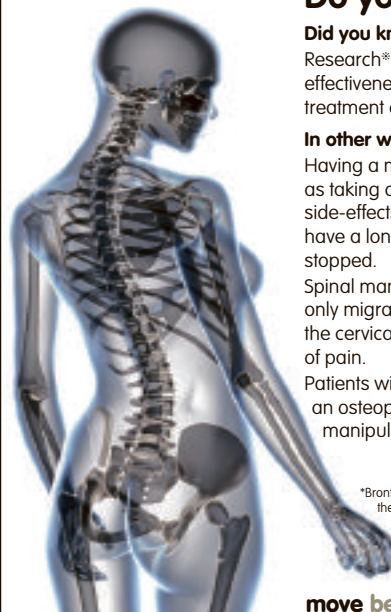
### In other words:

Having a monthly treatment of osteopathy is as effective as taking a daily prescription drug, without the potential side-effects. What's more, manipulation was shown to have a longer lasting benefit once both therapies were stopped.

Spinal manipulation is accepted as a treatment for not only migraines but also cervicogenic headaches, where the cervical spine (neck) is the primary structural source of pain.

Patients with chronic headaches should consider seeing an osteopath to examine and determine whether spinal manipulation is a viable treatment option.

\*Bronfort et al. 2010. Effectiveness of manual therapies: the UK evidence report. Chiropractic & Osteopathy, 18:3 <http://www.chiroandosteo.com/content/18/1/3>



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## Cover Story

# The most FAMOUS

A major Star Trek convention beams down to the Excel centre over the weekend, bringing a star-studded universe of Trekkie heroes, including the first ever meeting of captains from the five TV series on European soil. Yes, they made it so.

# 5

in this Galactic quadrant



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**WILLIAM SHATNER**  
as **JAMES T KIRK**

Shatner was first cast as Kirk for the second pilot *Where No Man Has Gone Before* and held the role from 1966 to 1969. Following re-runs in the early '70s, he became a cultural icon and returned in seven movies "dying" in 1994's *Star Trek Generations*.



**PATRICK STEWART**  
as **JEAN-LUC PICARD**

Famous Southwark resident, Stewart took the role specified by creator Gene Roddenberry as having "a lot of hair". He dispensed with the hairpiece and reinvigorated the franchise from 1987-1994 with his serious, thoughtful captain.



**AVERY BROOKS**  
as **BENJAMIN SISKI**

*Star Trek: Deep Space Nine* ran for seven seasons from 1993 to 1999 and saw the serious stage actor Avery Brooks in command. He saw the role as an opportunity to offer a positive black role model and, since departing has returned to teaching and cultural work.

**William Shatner** will always be Star Trek's Captain James T Kirk to the show's millions of fans. But he's a man of many talents

■ **Are you looking forward to coming to the capital?**

I am. London is one of my favourite cities, but I hope it doesn't rain. That's a forlorn hope, isn't it?

■ **What can those attending the event expect to see and do?**

I'm going to do cartwheels. I'll get up there, stagger towards the front of the stage, limply hold the microphone in my hand and speak in a soft whisper and try to say something that doesn't sound dumb.

That sounds enthralling, doesn't it? I will try to answer questions from the audience and try to make the answers sound as entertaining and informative and as jolly as I possibly can.

■ **Have you spent much time with your fellow captains before?**

The genesis of all this was a documentary I shot called *The Captains*, in which I flew to many places in the world, including London, to interview them and to find a correlation, if you will, between the five actors, what their experience was, what their character was, how they approached acting, what they did in their life.

■ **How do British Star Trek fans compare to the American ones?**

They are equally voluble, passionate and loyal.

■ **What's the strangest thing a fan has ever asked you to do?**

A lady took off her bra and asked me to sign her breasts, but I didn't have a pen! I had a 3H pencil, which is a very hard point.



William Shatner, Kate Mulgrew and Patrick Stewart on stage together

■ **When you were working on Star Trek, did you know it was going to be something special?**

No. I'd done several series, and while you're doing anything, you think it's the greatest thing on Earth - you have to because it would be difficult if you thought, "This is terrible, I'm terrible," because the audience would know.

■ **Were you a science fiction fan?**

I did read a lot of science fiction before I started the series. I was intrigued by it. Since then I've written a few books myself. But I didn't realise the insight involved when I was reading it as a youngster, I just thought it was exciting.

But I've come to realise that writing

it is your take on what's going to happen when you die - what the world is going to be like.

■ **Did you watch any of the Star Trek spin-offs?**

No I didn't, and I don't know why I didn't. I did see the recent JJ Abrams movie. So no, I've seen almost none of the other incarnations, and I've seen very little of my own stuff.

■ **What did you think of JJ Abrams's movie?**

It was fun. JJ is a marvellous director and he understands the modern concept of those kind of movies, which are essentially a ride. You go into the theatre and you ride a rocket.

Continued on Page 6



# Biggest gathering of Trek characters beams to Excel

Giles Broadbent  
@wharf.co.uk

EXCEL in Docklands has gained something of a reputation among the fanboy (and girl) classes as a place where those clad in fancy dress, bearing weapons of polystyrene and quoting unfathomable languages from a far-flung nerdverse can seek sanctuary and solace for their passion.

But the Star Trek Convention this weekend takes the realm into a whole other galaxy.

Not since Kirk and Spock

TELEPORTATION cannot come soon enough – the main DLR line to Excel will be out of action between Canning Town and Beckton. A special bus replacement service to the venue will operate.

returned to earth with an ecological message in *Star Trek IV* has this part of the Alpha Quadrant seen such an illustrious gathering.

Five captains from the TV series will be present along with a host of characters who have graced the small screen for 50 years.

Chekov, Kira Nerys, Tasha Yar, Odo, might sound like rampant strains of the flu virus to civilians but to the



We've waited 14 years to do this so just indulge us, OK?

Trekies these are the crowning glory of the autograph book.

Marketing director Rob Nathan said: "It's not just the five captains. There will be a host of other guests from the series."

"We are going to make this really interactive. There are going to be stunt displays, we are going to recreate some sets, and get some original sets."

"People will be able to sit on the starship bridge with members of the cast – it's going to be an absolute pilgrimage for *Star Trek* fans."

In addition to meet 'n' greets, talks by behind-the-scenes folk and a general indulgence in all things sci-fi,



Aim: rewatch all of DS9 before @StarTrek\_London Unless I can watch 2 seasons before Fri, I think I failed  
@damianjohnson

Excited about having a photo taken with the legendary @BrentSpiner at @StarTrek\_London VERY excited!!!!  
@MichaelGoodwill

To everyone going to @StarTrek\_London: have a great time & please share pics & reports of Kate Mulgrew. Thanks!  
@totallykate

the convention will be celebrating 25 years of *Star Trek: Next Generation* and anticipating the next *Star Trek* movie in 2013.

There will be an attempt to break the world record for the greatest gathering of Trek characters in costume, a replica set and stunt demonstrations.

On Friday night it's the Klingon Monster Ball – featuring blood wine – and on Saturday the anniversary party for *Next Generation*.

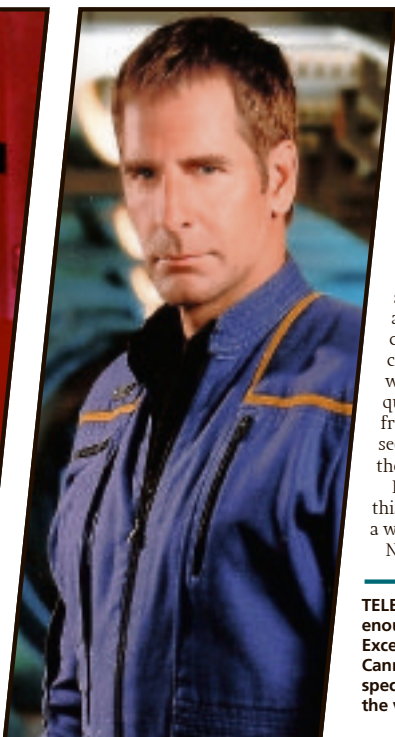
Save a bit of time-trickery by Q or an invasion by the Borg, there really is no excuse.

Tickets start from £29.  
Go to [startreklondon.com](http://startreklondon.com).



**KATE MULGREW as KATHRYN JANEWAY**

Genevieve Bujold left the role of Kathryn Janeway after two days of film of *Star Trek: Voyager*, leading the way clear for Mulgrew to lead the small crew back to the Alpha quadrant. The series ran from 1995 to 2001 after which Kate returned to the stage.



**SCOTT BAKULA as JONATHAN ARCHER**

Bakula was already an established leading man (*Quantum Leap*) when he took on the role in the back-to-basics *Star Trek* prequel – *Enterprise* – which ran from 2001 to 2005. Its cancellation ended an 18-year run of back-to-back *Star Trek* shows since *Next Generation*.

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## What's On / Pages 64-65

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## Cover Story

FROM PAGE 4

## I am aware what I owe Star Trek

■ **What do you think your career might have been like had *Star Trek* not happened?**

I don't know. I was pretty well established before I was hired to do that. I was doing movies and television – something else would have happened.

But you know, *Star Trek* has been a stepping stone to a lot of marvellous things that have happened to me, and I never forget that. I am totally aware of what I owe that show.

■ **Are there any roles you wish you'd played but turned down?**

No, I don't remember any of those things. I live in the moment; right now, talking to you, my health is wonderful, the loves in my life are wonderful, I'm happy. I can't imagine that I would have the temerity to question what could have been better.

■ **You've also had a music career. How did that come about?**

I had been in love with the musicality of words, the onomatopoeia of words, and I was acquainted with poetry, so I seemed to naturally evolve into what the lyrics were saying rather than the melody.

So I became intrigued by



William Shatner: Still busy

the lyrics and that's what's sustained me in the various records I've made over the years.

■ **Your version of *Common People* is fantastic.**

Thank you so much. I've fallen below that high standard several times, but that's what I attempt to achieve.

■ **You're 81 now...**

I can't imagine I am. I think they made a mistake on my birth certificate in Montreal.

■ **Do you have plans to retire?**

I don't have plans – nature may have plans for me. But she hasn't let me in on them.

■ **Do you have any other projects lined up?**

I do. Several documentaries.

The most recent one is *Get A Life*, in which I ask the question – who goes to these conventions and why? And I come up with an answer, but I'm going to leave it as a mystery because then you have to go and see it.

I'm touring my one-man show in November and January to 20 cities. I've got a script for a series, I'm going to play a character in an animated film, and there's an iPhone app which is unique and you'll love it, but I'm not allowed to tell you anything about it.

■ **Will you be bringing the one-man show to London?**

I've been asked to come to the West End. But the reason I never went back to New York for so many years is the amount of time away from home. I have to leave my kids and my dogs. I bring my wife with me but it's not the same.

The mattresses are so different in hotels, and there are minor inconveniences that go on. They need you to be there for five or six months.

I can manage a month, but then I begin to pine – I want to go home. But I may come to London with it, I don't know. We'll have to see.

## WHAT NOW?

Can't get a ticket or can't get enough – try these to keep the Trekkie buzz going



An affectionate teasing tribute to the convention culture as sci-fi actors are mistaken by aliens as the real thing. Way better than it should be with a great cast to boot.



Haven't you heard? The nerds have inherited the Earth and *The Big Bang Theory* is proof as the hit sitcom that makes physics, comic books, OCD and mumbling girl-fear cool.



In 2009, JJ Abrams achieved the impossible and brought a *Star Trek* re-boot to the screen that garnered critical and fanboy acclaim. The franchise is reborn.

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Warwick Davies, above, and Brian Friedman on the red carpet at The O2



Actress Olivia Hallinan



Formula One boss Bernie Ecclestone with two of the performers



Bono attended the premiere of *Immortal* – and his band mate The Edge was also there

## NEWS IN BRIEF

Musical appeals

### Help create the yuletide spirit

**CANARY WHARF** Singers of all abilities are encouraged to join together for a month of preparation bursting with yuletide spirit.

Organised by Canary Wharf Arts and Events, a 50-strong choir will take to the East Wintergarden stage for the *Sing Along A Christmas Song* concert on December 18 with rehearsals on Tuesday evenings.

To sign up, email [singalonga@canarywharf.com](mailto:singalonga@canarywharf.com).

### Teenagers seek singing talent

**GREENWICH** Beatboxers and singers are appealing for a fresh wave of talent to join their team.

Teenagers have collaborated to create the Ultraviolet performance group.

Based at Greenwich Theatre, music genres and tracks from Stevie Wonder to Timbaland are covered in an a cappella style, as well as inspired original performances penned by members. Email [juliet@julietrussell.com](mailto:juliet@julietrussell.com).

## The magic of Michael is reborn

TRAGEDY robbed Michael Jackson fans of a chance to see the King of Pop in action at The O2 – but his spirit was alive at the North Greenwich venue with the arrival of *The Immortal World Tour* this week.

With the blessing of the Jackson estate, Cirque du Soleil has fused visuals, dance, music and fantasy to attempt to capture the essence of the performer – and the celebs came out in style to embrace his message of love and global peace.

Three more shows will be presented at The O2, on Friday, Saturday and Sunday. Go to [theo2.co.uk](http://theo2.co.uk).

### THE CRITICS' VIEW

In theory it couldn't fail. In practice, it fell flat. Cirque du Soleil had little idea what to do with their bounty of song. *Evening Standard*

It never exploded into the magnificent monster of spectacle it might have been. Performers looked like insubstantial figures. *Independent*

It's huge, bold and studded with great moments. It manages to dazzle the eyes while leaving the heart largely unscathed. *Variety*

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## MALL TRAWL

Bargains, happenings, deals, sales

**SEASON** The future of the Wharf is orange, it seems, if one were to travel the aisles of the various bits 'n' pieces outlets. Yes, Halloween is soon upon us so now's the time to stock up on Haribos, fangs and, in the case of Marks and Spencer, these wacky (literally) £9.50 Halloween pinatas.



**The Vue at Westfield Stratford** is a joke. £15 for a ticket and you then have to line up for over half an hour to get a drink. No staff. @danwootton



**FOOD** Waitrose. Good for a top-up shop but who wants to cart the weekly freight on the Tube. Right? Who's with me? A-ha. They've thought of that – now advertised is a delivery service. Do the shopping, leave it for them to take to your home. Fill your trolley with Heston's meals for one – now a third off as an introductory offer.

**TASTY DATES** There are two more dates in Iberica's Coruna demonstrations – November 6 for a wine masterclass and November 12 for a demonstration of Christmas cooking.

**CATCH UP** The plugs are ready, the signs are up, the display is set – yes, Waterstones concedes to the Kindle revolution on October 25.



# Crew puts oar into awesome

## PEOPLE

### Charity team beat their time target in channel challenge

**Beth.Allcock**  
@wharf.co.uk

**A** determined crew-of-seven put pain to one side as they rowed across the English Channel in aid of a Deptford charity.

Tackling the notoriously choppy stretch of sea between Dover and Cap Blanc-Nez, near Calais, the amateur team, which included Wharf-based Trinity Mirror employee Anna Schouvaloff, encountered uncharacteristically good weather and a calm tide.

Aiming for a sub five-hour finish, the newly-formed crew – which was only put together at the Ahoy Centre in April – smashed their personal target and arrived in just four hours and 32 minutes.



**In calm waters:**  
Anna Schouvaloff

Anna, who lives in Greenwich, said the team's impressive efforts were more than matched by their fundraising on dry land.

She secured an individual sum of £1,500 while the boat's overall total amounted to £15,000, all of which will be donated to Ahoy to help fund its activities with able-bodied and disabled children.

"It was just so enjoyable, exhilarating and satisfying," she said.

"We were tired, as it was the first time any of us had done it, but we'd done the Great River Race so we were prepared for a long, steady row.

"All of us have been involved in Ahoy for the last two to three years in different capacities.

"We didn't know each other before we started the team and it was chance that we got on really well.

"It was a complete mix of people and that's what represents the Ahoy Centre – that's such a mix too. We were all a bit sad it was over – it was such a build-up and we had been training since April."

Group members are discussing their next fund-raising adventure. Go to [ahoy.org.uk](http://ahoy.org.uk).



Jessica Ennis and, inset, Nigella Lawson

## We're booked in

OLYMPIC golden girl Jessica Ennis will be heading to Canary Wharf for a book signing next month.

The heptathlete will arrive at Jubilee Place for the Waterstones event at 1pm on Friday, November 9. The Sheffield-born athlete, who won gold at London 2012, will be promoting

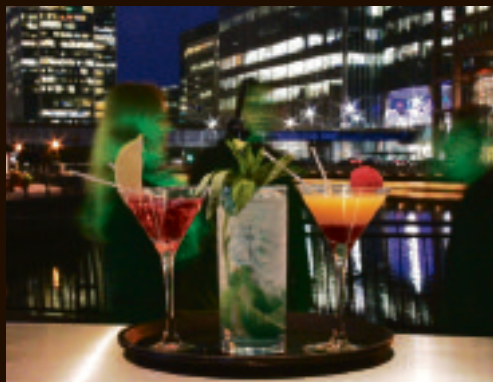
her book *Unbelievable*, which describes her rise to success in track and field.

Meanwhile, chef Nigella Lawson will be signing copies of her latest book, *Nigellissima*, at 12.30pm on Wednesday, October 24, also at Jubilee Place.

To reserve a signed copy call Waterstones on 020 7719 0688.



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## STILL TO COME

Food & drink, Life, Comment, Business, What's On, Puzzles and Sport **FROM 59**



## News

# Eurostar must think again on Stratford

### TRANSPORT

We also need a Gallions Reach tunnel, says council chief

**Rob Virtue**  
@wharf.co.uk

**T**he man in charge of regeneration in Newham has called for Stratford International to finally live up to its name. Eurostar refuses to stop at the station, which was built in 2009, instead linking the Channel Tunnel route with Ebbsfleet and St Pancras.

Director of regeneration at the council Clive Dutton said it was time that changed.

"It's a great new station but there are no international trains stopping there," he said. "We're getting a lot of lobby support from the likes of Excel, Canary Wharf Group and the London Legacy Development Corporation to make sure the trains stop at Stratford. But



**Clive Dutton: Lobbying**

Eurostar doesn't seem to get it."

Stratford International, which serves routes from Kent, was originally planned to link up with the Eurostar service, but the train firm decided demand was too low.

Eurostar said it would reassess its decision after the Olympics, while Deutsche Bahn's proposed London to Frankfurt route is a candidate for stopping at Stratford.

Mr Dutton added the council and the LLDC were also lobbying Transport for London to shift the zones

to look more favourably on Stratford International, which is currently in Zone Three.

"We need to show it's necessary by saying 'when you come to Stratford you are in London,'" he said.

The Newham director, who was speaking at a Docklands Business Club organised event at the Siemens' Crystal on Tuesday, also said the council was adamant about the importance of more river crossings in the region.

He specifically requested a tunnel at Gallions Reach.

"The cable car is a quick river crossing and the Silvertown Tunnel works will start in 2018/19 but we believe there should be a new tunnel at Gallions Reach," he said.

"Transport for London is looking at a ferry crossing there. We think there should be something more significant."

Mr Dutton added discussions were ongoing about funding but he conceded it might mean a toll.

"Knitting together the north-east of London to the south-east has to be done, otherwise there are effectively cul-de-sacs."

*Royal China now taking Christmas bookings, four course menu £38 per head.*



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## Construction hit by fall

**Rob.Virtue**  
@wharf.co.uk

AN INVESTIGATION has been launched to find out what caused an incident at a Canary Wharf construction site.

The accident at 25 Churchill Place saw a heavy load fall, damaging a number of floors internally at the building, due to be home to the European Medicines Agency in 2014.

A Canary Wharf Group spokesman said there were no injuries and added it would not affect the construction timetable.

"An incident occurred last Tuesday,

which resulted in some minor damage to the construction site. The public were not at risk.

"The incident has no impact on construction progress on the project, which is still due to complete on time in early 2014.

"Safety is our highest priority and there has been one reportable accident on the project in over half a million hours worked. We are continually striving to improve safety on all our projects."

A number of people from across the estate reported hearing a crash in the early evening.



Crash: 25 Churchill Place

## School gets new home

**Beth.Allcock**  
@wharf.co.uk

THE conversion of an office block into a new secondary school is set to provide much-needed educational places in the Tower Hamlets borough.

Officials have granted final planning permission to Wapping High School for its proposals to create a permanent base at the former Polly Peck HQ in Commercial Road, Wapping.

The newly-established free school, which saw its first intake of 42 Year Seven pupils in September, is currently operating from two temporary sites.

Architect Nick Evans, of ECE Architecture, said: "The need for school places is set to soar in the borough and the 420 new places provided by the project will help meet the demand."

Pupils starting next September can expect to experience a sky garden, specialist learning zones and a multi-purpose hall, as well as open learning spaces.

Headteacher Paul Guénault has worked closely with the construction team and said: "The school is designed to empower a personalised, inquiry-based curriculum with a strong focus on self-directed learning."

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MAYOR OF LONDON



NEWS IN  
BRIEF

Following the issues

Boundaries face  
tectonic shifts

**POLITICS** The Boundary Commission is proposing a shake-up of constituencies in London that will see Greenwich and Lewisham linked and a new seat straddling the Lee at Bow and Stratford.

The changes would see Woolwich lost as a constituency name and "West Ham and Royal Docks", as the successor to East Ham.

However, Lib Dem opposition may hold up plans for reform.

Number of fliers  
falls on cable car

**TRANSPORT** The number of passengers using the Emirates Air Line over the Thames has dropped away dramatically since the boom days of the Olympics.

The service carries 229 people an hour compared to the 1,747 seen during the Games.

# River offers home to alien invaders

## ENVIRONMENT

Thames absorbing  
one new species a  
year, with unknown  
impact on ecology

Beth.Allcock  
@wharf.co.uk

**A** boom in the number of non-native species that now call the River Thames home could signal danger for both the ecology and economy.

While the majority of foreign invaders, from small parasites to fish, amphibia and molluscs, exist without causing damage to the ecosystem, a small proportion of the invasive species have the potential to pose problems, according to a new study from an East End university.

This is because in the areas where the creatures have been introduced, including the waters of the Thames, their interaction with one another could alter the overall impact on biodiversity.



Louisiana swamp crayfish found in London

In a recent study by scientists at the Queen Mary, University of London, led by Dr Michelle Jackson and Dr Jonathan Grey, findings revealed a total of 96 freshwater species had been brought into the Thames catchment area from their native homes, with the river clocking up one extra non-indigenous species nearly every year.

Such an acceleration in the rate of

invasion has earned the Thames the classification of being one of the most highly-invaded freshwater systems in the world.

Dr Jackson said: "Fifty-three per cent of the species were discovered in the last 50 years and this increase in invasion rate is correlated with increased shipping activity in Thames ports.

"Increased connectivity between continents by ships and planes has facilitated the introduction of non-native species around the world."

She added: "Many of these species do not cause any damage but a few become invasive which ultimately means they upset the balance of the ecosystem."



Above, Dr Michelle Jackson at work  
Below, a zebra mussel



"It is these invasive species, which include the American signal crayfish, which we need to focus on to reduce their impact and prevent further range expansion.

"And some species, such as zebra mussels, will reach large population densities, become distributed widely and have negative impacts for the environment and economy."

"Zebra mussels are a problem because they form crusts of mussels that can block up water pipelines."

And despite laws to prevent the introduction of non-native species into UK waters, Dr Jackson's findings seem to suggest something more needs to be done.

It is estimated that the annual cost to the country's economy of problems caused by non-native species is in the region of £1.7 billion.

the Wharf

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96

Non-native  
species  
found in  
River  
Thames

COOKING  
UP A TREAT

Marlene, six, of St Edmund's RC Primary School, on Westferry Road, meets Gingy and the Tooth Fairy, characters from *Shrek The Musical*. Dream-Works Theatricals sent the characters along to visit pupils to help charity Place2Be in its Big Birthday Bake-Off.

## Man jailed for bank attack

A BUSINESSMAN who smashed the front windows of Barclays' Wharf headquarters during a long-running violent campaign against the bank has been jailed for three years.

In March of this year, Alan Price, 55, of Cromwell Road, Tamworth, travelled with a sledgehammer from his West Midlands home to Canary Wharf where he caused

£130,000 worth of damage to the Churchill Place building.

He smashed windows and the revolving doors before dropping the hammer.

He then waited at the scene for police to arrive and arrest him.

Price, who was sentenced at Snaresbrook Crown Court last week, said he blamed Barclays for the collapse of his

design business after the bank withdrew a loan facility.

He had previously attacked branches in Birmingham.

In jailing Price Judge Kamill said: "We have laws in this country for the protection of the general public. We do not make exceptions for citizens who think they have justification for breaking the law."

Rob Virtue





**On stage...**  
The aftermath of  
Lehman meltdown

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## News

# The Week In Brief

October 11-18 • Round-up of news from the last 7 days



### Photo story

**BUDDING** linguists in Tower Hamlets can now boost their Spanish vocabulary after a donation from Canary Wharf Group. The after-school weekly Spanish Club at Hermitage Primary School has become so popular with youngsters aged four to 10 that it now attracts children from Sir John Cass school too. Volunteer Kerstyn Comley said: "We have been struggling with funds this year but Canary Wharf Group has come to our rescue and offered to buy a new set of text books worth £300. This is a great boost for us." John Garwood, company secretary of Canary Wharf Group, said: "We thought it was such a worthwhile thing and was worthy of paying £300."

### Lecturers to go on strike over workload increases

**DOCKLANDS** Lecturers at the University of East London (UEL) will scrap their timetables today (Thursday) in a protest against plans to increase staff workloads.

The industrial action by the University and College Union (UCU), is in response to a claimed "untenable and unjust" policy by UEL.

The proposed changes are said to include more teaching, marking and assessment for lecturers.

UCU regional officer Greg Barnett said: "Strike action is a last resort and we'll continue to seek agreement up to the 11th hour."

### Cleaner gets 16 months for Derren cheque theft

**GREENWICH** Derren Brown's former cleaner has been jailed for 16 months for stealing blank cheques from the TV illusionist's home.

Rocio Pavon-Navarrete, 47, of Greenwich, had previously pleaded guilty at Southwark Crown Court to using the cheques to gain £33,000.

Accomplice Bernard Ayanbanjo, 48, of Woolwich, has admitted paying the money into his account and will be sentenced later.



Derren Brown



### Honours for borough's young sporting talents

**GREENWICH** The achievements of a Greenwich Olympian and one of the borough's dedicated volunteers have been recognised in a prestigious ceremony.

Judo silver-medallist Gemma Gibbons, pictured left, took her place alongside fellow athletes in the London Youth Games Hall of Fame.

Student Roseanne Blaze, right, collected the GamesForce Volunteer of the Year accolade for her work organising officials and participants around the Crystal Palace arena.

### Convoy of taxis takes children to Disneyland

**CANARY WHARF** A convoy of 100 taxis set off on Friday to take 180 children for a trip of a lifetime to Disneyland in Paris.

The annual Magical Taxi Tour gives youngsters with life-threatening illnesses the chance to meet Mickey and friends.

After a breakfast at Marriott West India Quay, the vehicles, with full police escort, headed for the ferry, waved off by Lord Mayor David Wooten.

The Worshipful Company of Hackney Carriage Drivers has taken 4,000 children to Paris since 1993.

### Call for river helpers to get their hands dirty

**THAMES** An army of volunteers will clean out the dirtiest stretches of the Thames and take a stance against litter louts.

Organised by charity Thames21, residents on the Isle of Dogs are being urged to give up a few hours of their time to muck in with the Cleaner Thames Challenge, at Newcastle Draw Dock today (Thursday), from 9am to midday.

The annual event tackles the build-up of plastic bags, shopping trolleys, traffic cones and other debris that pose a threat to wildlife. Email [alice.hall@thames21.org.uk](mailto:alice.hall@thames21.org.uk) or call 07824 692 592.



# Comment

## My little friend keeps me on the straight and narrow

Aside from Master A and macaroons, I don't have any real obsessions.

My account manager has a thing for Brad Pitt, photos of him tucked into the corners of pinboards and secretly stuck inside her drawers (cabinet not the frilly kind).

My boss will wear nothing but Alexander McQueen and, as I'm sure I've mentioned on countless occasions, Young Colleague's plethora of obsessions including biking, stuffed toys and, er, meddling in other people's business.

However of late I do believe I have developed my own. My name is Tabitha and I am obsessed with an app. Not just any old app but the app to top all apps.

My Net Diary.

It sounds innocuous but this little app, my friend, is the answer to my excess poundage issue.

Forget Dukan, KE, the Alkaline Diet, and Qsymia, this app has helped me move what I had begun to think was as unmovable as the Easter Island Moai.

I stumbled upon it by accident, led to it after randomly searching for free apps.

### WORKING MUM



TABITHA RONSON

It was as if the app fairy, recognising my desperate need for assistance, designed and conjured it up, especially for me.

Imagine having your own wellbeing coach in your pocket, guiding you to take control of your eating habits, providing you with a barcode scanner that breaks down the nutritional value of food items so you know exactly what you're eating; and calculating how much you should be eating based on your level of activity in order to lose a set amount of weight each week.

This is My Net Diary and it is close to my heart.

In just four weeks I have lost a chunk of weight, and according to the app, I will reach my target of losing 25lbs in total by December 4.

I live, breathe, sleep – and eat – this app. I religiously scan foods, key in what I've eaten, and wait for the weight to fall off. And so far it hasn't disappointed.

Don't you just love a "thing" that does exactly what it is designed to do. *Working Mum, never believing a weight-loss plan could be this addictive.*

## POLITICAL NOTES & VIEWS

By Lutfur Rahman

### How we can save cash on energy bills



Earlier this year, I announced the launch of our own Tower Hamlets Energy Co-operative – THE Community Power.

As British Gas celebrates higher profits and bigger payouts to shareholders with a six per cent hike in prices, we want to bring people together, pool resources and get the cheapest possible energy prices for residents, especially in these tough times and with winter approaching.

It is wrong for the privatised utilities to keep increasing the burden on some of the neediest in our borough, and I am determined to do all I can to help.

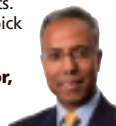
**“We want to bring people together for the cheapest energy deals**

By negotiating with providers for the cheapest energy tariff and buying energy in bulk, our co-operative is designed to reduce residents' energy bills.

We need 5,000 households to express an interest in the scheme to secure the cheapest energy tariff. Registering your interest is easy to do and there is no obligation to switch your energy provider if you decide not to.

To register, call 0800 508 8364, go to towerhamlets.gov.uk/energy or pick up a leaflet.

**Executive mayor, Tower Hamlets Council**



## Health

### Why laughter is the best medicine

WHEN was the last time you had a good old giggle? A proper, side-splitting, belly-aching laugh? Not recently enough, if new statistics are anything to go to.

According to research, Brits are in the midst of a "laughter recession", with the current decade considered the least fun of the past 60 years.

Adults are laughing an average of just 7.2 times a day, less than half the optimum number of 15 times recommended by psychologists, a survey found.

It's probably never occurred



to you to calculate your laughter rate, but experts say this fundamental part of human behaviour can have a host of

benefits on overall wellbeing.

"Laughing 100 times is equivalent to doing a 10-minute workout on a rowing machine," says consultant psychologist Anjula Mutanda, pictured.

"It gets the body moving and promotes healing by increasing the vascular blood flow and the oxygen in the blood.

"It also affects the same brain circuits which trigger pleasurable emotional states, so it improves wellbeing in that way."

**Diana Pilkington**



You're having a laugh – and burning some calories too

## 60 SECOND INSIGHTS

What we've learnt this week

### Places

#### Why E20 will be a popular postcode

E20, Stratford's new Olympic Park neighbourhood, is expected to become one of London's most desirable postcodes when homes in the area become available in 2013.

A new study published by the Centre for Economics and Business Research (Cebr) has compared the features of the first Olympic legacy neighbourhood and compared it to

the capital's other key residential areas.

The London Residential Fundamentals Index concludes that the combination of transport links, quality of life, services, and access to employment opportunities in E20 rivals districts such as Highbury and Hammersmith.

East Village promises to be one of London's best-connected residential areas while super-fast connectivity will support employment in the area, along with the proximity of Westfield Stratford City and the International Quarter.

Analyst Osman Ismail said: "This much-maligned corner of east London is set to become a success story. The regeneration associated with the Olympic Games will soon give rise to one of London's most exciting residential areas."

**Giles Broadbent**

## Tomorrow

... we'll be going to heaven

### Celestial insights

Fear not or be very afraid for we have a reliable source that suggests that heaven is not, as Belinda Carlisle promotes, a place on earth but a place full of fluffy clouds and drop-dead gorgeous women.

This is the insight from Harvard neurosurgeon Dr Eben Alexander who spent seven days in a coma and found himself in paradise despite his brain being effectively shut down.

"Flocks of transparent, shimmering beings arced across the sky, leaving long, streamer-like lines behind them," he said, winningly.



## Today

Gadget Of The Week



### Beam Toothbrush

The temptation to use the word Bluetooth is great and, self-evidently, unavoidable. But, either way, Beam, combines with an app to monitor your dental hygiene and provide lots of graphs and gold stars.

Disadvantages include a pregnant toothbrush and the fact that it has to be shipped from the US. Go to [beamtoothbrush.com](http://beamtoothbrush.com).

## Yesterday

By Wharfinger



### Rum do

This picture from the fascinating collection of the Museum of London Docklands shows why RumFest felt at home at Excel. The picture shows barrels of the liquid stored in West India Quay in the '30s. Go to [museumoflondon.org.uk](http://museumoflondon.org.uk).

## Listmania Cycling accessories

Now we're all budding Bradley Wiggins, then there are a few luxury items that might quickly become essentials.

1



**SpokeLit, £7.99** • A step-up from football card and peg combo

2



**Cycle speaker, £39.95** • With FM radio and SD card

3



**Alarmio cable lock, £14.95** • 100dB alarm with motion detector

4



**Denon AH-W150, £149.99** • Top-end wireless headphones

5



**Reflective socks, £14.99** • Pull up your trouser leg and go



# Life



## FITNESS

WITH LAURA WILLIAMS

### Get the look: Damian Lewis

The *Homeland* actor has tough personal training sessions to thank for his toned physique in the hit drama.

**How he does it:** The 41-year-old enlisted the help of one of Ireland's top trainers, Pat Henry, to help him get in shape last year for filming and, along with actor and friend Joseph Fiennes, the two men participated regularly in tough training sessions.

**Do it for yourself:** If you're contemplating hiring the services of a personal trainer to help you achieve your goals, there are plenty to choose from in London.

These are my top tips for picking the right one:

- Make sure your trainer holds full Level Three qualifications and has insurance too. The difference between Level Two and Three in fitness qualification-land is big in terms of safety and expertise.
- If you struggle with motivation, see if your trainer offers a checking-in system in between sessions. They can keep an eye on everything from your mid-week workouts to your food diary.
- Shop around and see what's on offer – make sure your trainer has the experience in the area you want to work on.
- Make sure you gel. Personality is very important, especially if a trainer is coming to your home. You're probably not going to be best mates but you need to be honest with your trainer at all times about everything from your diet to providing feedback about your sessions, so it helps if you have a good rapport from the off.



Damian Lewis stars in *Homeland* on Channel 4 at 9pm, Sundays

## Q&A

Can running watches and other fitness gadgets help me to exercise better?

The general consensus is that they do.

Being able to keep an eye on everything from the route you're running to the number of calories you're burning can make

exercise a lot more interesting. You'll also be able to keep an eye on factors like heart rate, which will help you to work out at the right intensity.

You'd also be surprised at how a bit of technology can provide you with a sufficient mental boost to go beyond your usual thresholds.

As far as running watches go, the Garmin range (garmin.com) is probably the most popular still but it's probably fair to say Nike's+ SportsWatch range (nike.com/UK) is close on Garmin's heels now.

## TOP tips

**Leave your desk at lunch:** A survey revealed last week 82 per cent of City workers fail to do this due to workload. However, it's thought taking small, regular breaks can improve productivity.



Go to [laurawilliamsonline.co.uk](http://laurawilliamsonline.co.uk), email questions to [laura@laurawilliamsonline.co.uk](mailto:laura@laurawilliamsonline.co.uk) or follow @laurafitness on Twitter

wrap up

# WARM

We turn to **Lisa Haynes** to find chic pieces that are practical and pretty



**TK MAXX**

Embroidered faux fur collar coat, £149, [tkmaxx.com](http://tkmaxx.com)



**JAEGER**

Patent belted mac, £1,800 [jaeger.co.uk](http://jaeger.co.uk)

**HOBBS**

Maisie rust coat, £269, Carnaby dress, £249, Iris boots, £279 [hobbs.co.uk](http://hobbs.co.uk)



**TK MAXX**

Green check coat, £99.99 [tkmaxx.com](http://tkmaxx.com)



**STOCKINGS DAY**

■ Charnos Hosiery has proclaimed tomorrow (Friday) National Stockings Day to raise funds for Breast Cancer Care. Go to [charnoshosiery.com](http://charnoshosiery.com) for details.

## PRECIPITATION PROTECTION



**CREW CLOTHING**

Best of British Union Jack umbrella, £35 [crewclothing.co.uk](http://crewclothing.co.uk)



**RADLEY**

Melody telescopic mini umbrella, £25 [radley.co.uk](http://radley.co.uk)



**CATH KIDSTON**

Royal Rose birdcage umbrella, £26 [cathkidston.co.uk](http://cathkidston.co.uk)





## COPYCAT silver sparkle

We send **Beth Allcock** to hunt down a look inspired by Blake's at Chanel Fine Jewelry's 80th anniversary celebration in New York

**THE LIPS**  
Pink lip  
gloss, £3  
next.co.uk

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Sweetheart  
diamond  
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evening  
dress, £245  
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claire.co.uk

**THE SHOES**  
Jonathan Kelsey  
Edition Keshia  
shoes, £60  
debenhams.com

BLAKE  
LIVE! TV

GETTY

# WIN limited edition shades created by **Porsche Design** worth £320

**P**orsche Design has launched a limited edition of its iconic sunglasses to celebrate 40 years of luxury engineering – and *The Wharf* has a pair, worth £320, to give away.

The P'8478 was the world's first pair of sunglasses with an innovative replaceable lens mechanism.

The remodelled Heritage 40Y Edition sunglasses are based on the classic 1978 design but have been modernised to combine four decades of authentic styling with state-of-the-art technology in materials and workmanship.

Beautifully crafted from sand blasted titanium in matt silver-grey, combined with brown, silver mirrored, progressive tint lenses, each pair is laser marked 40Y Edition and has the 40Y emblem



on the bridge. Porsche Design has created just 10,000 pairs of the 40Y Edition in four sizes, which are only on sale at carefully selected outlets (Call 0845 600 8995 for stockists).

The P'8478 is part of the firm's classic Heritage series, which remains one of the most sought-after and successful brands in the world. Kim Kardashian, Lindsay Lohan, Brad Pitt, Jennifer Lopez and David Beckham are among the many celebrities who have been seduced by the brand's incomparable style and comfort.

For a chance to win a pair, just answer this simple question: **How many pairs of 40Y Edition sunglasses has Porsche Design created?**

To enter go to wharf.co.uk and click the competitions link. You'll need this code – PD01. The closing date is October 25.

Models show off the sleek style of the 40Y Edition aviators



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# Food

## ON THE WHARF

### Luxury chocolates

Mall trawl

★ Whether it's milk, dark or white chocolate that floats your boat, you're seldom more than five minutes from high quality products.

#### WHITE

Go Bananas slab, 200g  
£7.50 per pack  
Hotel Chocolat  
Canada Place Mall  
hotelchocolat.co.uk



#### MILK

Banoffee Truffles, 115g  
£11.95 per pack  
Charbonnel et Walker  
Cabot Place Mall  
charbonnel.co.uk



#### DARK

Fauchon dark chocolates, 225g  
£32 per pack  
Waitrose  
Canada Place Mall  
johnlewis.com



## OFF THE WHARF

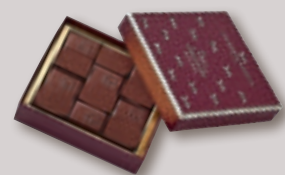
### La Maison du Chocolat

Order online

★ If you're looking for something special why not try this small box of limited edition chocs?

#### DOMINICAN REPUBLIC

Duo de ganaches, 105g  
£17.50 per pack  
laisonduchocolat.co.uk.



# A special menu to celebrate cocoa's versatility in dishes

## REVIEW

### The Balcon London

Sofitel St James

Sometimes a restaurant is not the food, the interior design or the service. Sometimes it's just one person.

And while we're visiting The Balcon London ostensibly to try its special National Chocolate Week menu, cooked up by executive chef Vincent Ménager in collaboration with La Maison du Chocolat, the first delight of the evening comes in the form of restaurant manager Rakel Amor.

Effortless in her manner, which bubbles with smiles, winks and subtle jibes, she ducks and dives around her territory dabbling gloss onto each table's experience.

She knows we're here to review, but, I'm pleased to say, pays us no more heed to us than any of the other guests. And there are plenty.

It may be a Thursday night, but this bustling space, stuffed with speeding waiters is busy; seats filled, aperitifs served.

Mine, a dry aged sherry, is crisp and airy with a long finish. My companion's recumbent-garnished Bellini is like licking the flesh of a fresh, ripe peach. We start to unwind. The stresses of the Wharf receding with each sip.

Diners at The Balcon are here for a good time. Ties loosen, shrugs discarded.

For some the weekend starts here. For others, Friday can look after itself. The room's high ceiling, rich gold and warm wood waft decadence into the nostrils.

After a while, it becomes easier to forget this restaurant has anything to do with the design-feisty Sofitel St James hotel, just through the door.

And Ménager's chocco menu fits the luxurious setting rather well, even if the starter – seared sea scallops with quinoa, roasted cocoa nibs, rocket salad, curry cocoa dressing and sweet orange tuille – sounds more like something a size zero model on a health kick might order.

The juicy fat shellfish, neatly offset in texture by the quinoa, fill



Above left, the starter of seared scallops. Above right, the main comprising saddle of rabbit, black trumpets and a chocolaty mole sauce. Inset, the finale of molten chocolate ginger cake and saffron cream

our mouths with warmth, although there's little more than a hint of cocoa on the tongue.

Rather than trying to beat the other ingredients into submission, there's a subtlety here with the chocolate used to enhance the other flavours.

This bodes well for the next two courses as nervous waiters top up the sparkling water and dance around clearing plates.

A surprisingly short time later, our mains arrive on large, clinically

white porcelain plates, all exaggerated edges.

At first glance, the roasted rabbit saddle with black olive, rosemary, butternut squash puree, black trumpets and girolle mushroom mole sauce, is a mess.

The sliced discs of meat are buried under a riot of orange and black suggesting a butchered Jack O'Lantern carved up in a frenzied attack. A

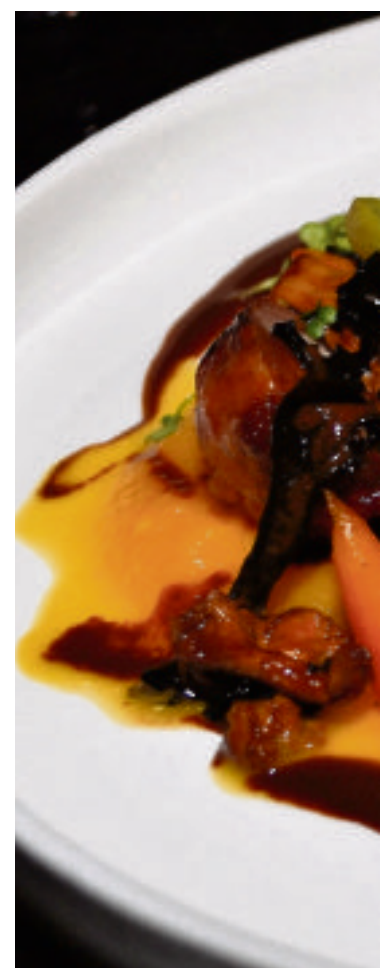
sudden worry that we've been served the Halloween menu by mistake flickers through my brain.

But the sudden arrival of the dish's scent is enough to drive it away. It's earthy and fungal – like diving head first into the fallen leaves of an autumnal forest.

The meat is tender, expertly cooked and underscores the other flavours on the plate superbly.

The ingredients are rich with the glossy mole sauce delivering the chocolate element.

But again it's a light touch not enough to frighten the natives, sufficient to deliver a little extra fun to what's already an exciting bite.



It's a substantial size too – the watchword at The Balcon apparently being to err on the side of generous; satisfying the stomach rather than getting bogged down in the vapour of style.

As our empty dishes, scraped ruthlessly clean, are taken away and the last of the robust Pommard Les Vaumuriens 2010 disappears down our throats, it's time for what I've decided in my head must be the main event.

So far the chocolate has been an accompaniment. Surely, the dessert will be cocoa overload.

Its name – molten chocolate and ginger cake with coconut and saffron cream – promises much.

All the twisted clichés of genocide by an eruption of chocolate lava bubble up in my brain.

So it's almost a disappointment when another delicate, superbly executed dish arrives.

I say almost, because when the chef's this good it would be churlish not to simply enjoy his talents.

And, in an atmosphere so gently managed by Amor, it's nearly impossible not to have a good time.

My spoon plunges into the centre of this little chocolate heart, prompting a welcome spurt of gooey juice, jetting out into its bright saffron lake like a geyser of pure molten joy.

But when it hits the mouth,

£35

Cost of the three-course special menu





**MORE  
REVIEWS  
ONLINE**  
wharf.co.uk

ION MASSEY



## W What can I expect at this restaurant?

"The watchword at The Balcon is apparently to err on the side of generous; satisfying the stomach rather than getting bogged down in the vapour of style."

the flavours are balanced, not overbearing.

This is no assassination by cocoa, it's seduction and all too quickly it's over in a bite of ginger and the wet crunch of sliced coconut.

I would not be surprised if the people at La Maison du Chocolat were not a wee bit unhappy. This is hardly a menu that puts their product in the spotlight.

As for the punters, I'm certain they'll be more than delighted, especially given the modest price tag.

La Maison du Chocolat's menu is available at The Balcon London until October 23 and costs £35 for three courses.

The Balcon London, 8 Pall Mall London, SW1Y 5NG, 020 7968 2900, thebalconlondon.com.

Jon Massey

### Our verdict

You might not spot the cocoa but this is worth the money

★★★★★



The bustling floor of The Balcon London starts to fill up with eager punters as we begin our meal on a Thursday evening

# RUM

★ A big chunk of the Excel centre was heaving this weekend when a taste of the Caribbean came to town. RumFest brought the spirit back to Docklands, the area where the first mass importations arrived at the beginning of the 19th century. The drink has certainly caught on and crowds squeezed into the festival to see exhibitions, watch dances, and try some samples. *The Wharf* picked out these as best in class

### SPICED

#### Rebellion Spiced £20.54

Launched last year in the UK and other parts of Europe, this 37.5% rum was added to the Rebellion range to satisfy a demand among bartenders for something a little lighter. Spices include ginger, cardamom, cinnamon and vanilla. [Masterofmalt.com](http://Masterofmalt.com)



### NEW

#### Pirate's Grog £TBC

So new – the firm's only been in business four months – that it is not available yet. But keep this golden rum from the Caribbean island of Roatan in mind as it will be well worth the wait. [Piratesgrogum.com](http://Piratesgrogum.com)



### OLD

#### Zacapa £53.50

The combination of Guatemala's soil, climate and altitude is what Zacapa claims is the secret behind this beverage, first created in 1976. It's won a number of awards and was the first entrant to the International Rum Festival's Hall of Fame. [Tesco.com](http://Tesco.com)



### THE FINE LINE

## Venue unveils festive range

★ The Fine Line has launched its Christmas offering including goat's cheese and chive tartlets, pumpkin pie and pickles and parma ham.

The Fisherman's Walk restaurant is offering either two or three-courses priced from £22.95, or canapes, from £10.95 per person. [Finelinecanarywharf.co.uk](http://Finelinecanarywharf.co.uk).

### MEANTIME

## Brewery backs the Yak brand

★ Meantime has made its popular Yakima Red beer permanent.

The brewery based in Blackwall Way at Greenwich said an "unprecedented amount of positive feedback" led to the decision, which was available for two months earlier this year. [Meantimebrewing.com](http://Meantimebrewing.com).

### CAT AND CANARY

## Wharf stalwart launches menu

★ The Cat and Canary in Fisherman's Walk has launched a new menu.

Highlights include braised pork chop in cider, slow-roasted lamb shoulder, chicken and red pepper curry or meat or fish platters.

Main meals at the Canary Wharf pub start at £9.50. [Go to fullers.co.uk](http://Gotofullers.co.uk).

### THE LEDGER BUILDING

## Taste ales for just £2.49 a pint

★ The Ledger Building's 19-day beer festival kicks off next week.

From October 24 ales from Japan, Lithuania, Holland, Australia, Canada, Italy, USA and Belgium as well as many from the UK will be available for £2.49 a pint at the West India Quay pub. [Go to jdvetterspoon.co.uk](http://Gotojdvetterspoon.co.uk).

tasting notes



# What's on

## GIG

Jennifer Lopez

The O2 arena



Jennifer Lopez has tried her hand at many things, from singing to judging (on *American Idol*).

And this week she takes to the O2 stage for the area of her career she is known best for – pop music.

In what will be her first UK arena live show, J-Lo will present her *Dance Again* world tour for one night only.

Lucky fans will also have the chance to join the global superstar backstage if they visit her website.

■ Oct 22, doors at 6.30pm, tickets priced at £75, theo2.co.uk and jenniferlopez.com.

## COMEDY

John Bishop

The O2 arena



The most popular comedian to come out of Liverpool since Jimmy Tarbuck brings his Rollercoaster tour to North Greenwich.

John Bishop is at the height of his fame with a prime-time BBC show and a record-breaking DVD.

Classified in the "bit blue" range (over 16s only), expect sharp wit and dry humour from the dishevelled 45-year-old from Runcorn. Guaranteed are a few stories about his teenage sons and life in the north.

■ Oct 24-25, Nov 4, £34.25, theo2.co.uk.

## GIG

Muse

The O2 arena



British rock band Muse will treat fans to a two-date stint at The O2.

The group's sixth studio album, *The 2nd Law* on Helium 3, was released in September and helped notch up sales of more than 15million of their records globally.

Fans will eagerly await the trio's progressive-rock sounds and the staging of the gigs, which singer Matt Bellamy revealed earlier this month would represent their take on Pink Floyd's *The Wall*.

■ Oct 26-27, tickets start at £33.75, theo2.co.uk.

# The challenges of digging out Cole

## STAGE

*Dangerous Lady*

Theatre Royal Stratford East

**A**dapting a novelist's pride and joy into a play would be an unenviable task in most circumstances.

But when the author is Martina Cole, a seemingly tough Essex girl who is the pal of many a London gangster, the challenge would be taken into a whole new realm.

However, for playwright Patrick Prior, who has tailored the best-selling crime novelist's first book – aptly named *Dangerous Lady* – for a stint at the Theatre Royal Stratford East, it was a fear unfounded.

"Before I met her I thought to



Patrick Prior: My third adaptation

myself 'I've seen her on telly doing the shows chasing gangs around and she looks a real tough nut'," said Patrick. "But I've never met a nicer person. She'll sit with you, have a cup of tea and talk about whatever you want. A really sincere person."

Despite being her debut, published 20 years ago, *Dangerous Lady* is the third of her books to have been turned into a play at Stratford. Each one has been adapted by Patrick. "She trusts me more since this is the third," he said. "If she doesn't like something she will say so but she has a good understanding and awareness of stage. She understands the differences between that and a television production."

"This one is different because it's



James Clyde and Claire-Louise Cordwell star in *Dangerous Lady*

got a much more direct narrative. It's pacier with many more scenes.

"Martina's books are real doorstops. They are 800 pages and the biggest challenge is always what do you leave out."

"So you have to make sure each scene carries the story forward. I think to myself 'if this scene wasn't in, what difference would it make to the play? Would it change the story and the character portrayal?'"

"You also need to develop the characters in the same way they are portrayed by Martina but you have a lot less space to do it in."

The play debuts tonight at the Stratford theatre, and Patrick added: "It's got an amazing cast with a superb Stratford-based actress in Claire-Louise Cordwell playing the lead. We're very excited by this play."

■ Oct 19-Nov 17, £12, stratfordeast.com.

## INTERVIEW

Canadian comic Phil Nichol is one of the names heading to the East Wintergarden for the Canary Wharf Comedy Club next Tuesday. He talked to **ROB VIRTUE** about freedom of speech and getting naked in front of Anne Robinson.

■ **Have you performed at Canary Wharf before?**

Yeah, I have. It's a cool area with people coming along after work, others living nearby. A very gentrified crowd. You get a lot of moneyed, career-minded people, usually well-educated when it comes to comedy. And I also like it because it's in London and I can get home at night.

■ **What material are you working on at the moment?**

I've got a club set I usually do and I've added a few bits from my new show *Rants*, which I did at Edinburgh, which is basically me getting annoyed by the little things like traffic lights on roundabouts. Who puts traffic lights on roundabouts when you've got to stop anyway? It's a roundabout.

■ **You're an angry man on stage but speaking to you now, you're a calm, chilled out person. Is it difficult to get into character?**

I get the aggression all out on stage. I turn it on for the audience so they don't have to have to in their daily lives. It's just for the stage.

■ **Will you be doing your musical pieces?**

Oh yeah, I'll be bringing the guitar along.

■ **Many will know you for your Eskimo song.**

I'll do the Eskimo song, yes.

■ **I understand it got criticism for being homophobic. Especially from fellow comedian Scott Capurro?**

Yeah it did. We've since become close friends though. Well ever since I started shagging him. I wrote a whole show on the back of that, as a way of answering the homophobia comments, which is out on DVD next week. It involves some crude observations but the basic point is how can

# OFF THE TOP

of my head



**W** What's it like being a modern comic?

"It's becoming harder for a lot of comedians to say things. It's only us who can say such things – we're the last bastion of free speech."

you accuse me – of all people – of being homophobic? I point out, through various parts of my history, you can't get much gayner than me while still being a straight man.

■ **Is offending people a worry though?**

It's happening more and more in the world we live in and there's a huge problem with censorship. Now saying things is becoming a crime like it never was before. If enough people get upset they can be taken to court.

I'm not political but it's becoming harder for a lot of comedians to say things. But sometimes it's only us who can say such things – we're the last bastion of free speech.

■ **So it's your duty to push the boundaries?**

With my style of comedy, I don't really think that way, but for some others, yes.

■ **You're famed for nudity, both on stage and on television where you got naked in *The Weakest Link* in front of Anne Robinson.**

That was fun. I was voted off and she really wasn't expecting me to strip to my pants. But then the producer said my package slipped out so I had to do it again. This time she was expecting it so did her typical stoney-faced glare. And it still slipped out so they had to pixelate it. The worst thing was I only got one pixel.

■ **Can the Canary Wharf crowd expect some nudity?**

No, I think people have seen enough. Phil will be joined by Damo Clark, Ria Lina, Carey Marx and Neil Delamere for the event on October 23 from 7.15pm. For tickets, priced £12, go to ticketweb.co.uk or call 0844 847 2268.



# What's On

## SCREEN



### Frankenweenie 3D

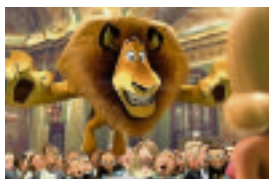
(PG) 87mins  
★★★★☆

The pain of losing a loved one leaves an indelible mark on the hardest heart.

*Frankenweenie* is a charming and impeccably crafted stop-motion animation about a lonely boy who cannot bear the loss of his pet dog.

So the ingenious tyke re-animates the deceased pooch with a lightning bolt à la Mary Shelley's Frankenstein, blind to the repercussions of meddling with Mother Nature.

Writer-director Tim Burton has dealt with the pain of grief and solitude before but this a masterly and very personal take from the visionary.



### Madagascar 3

(PG) 93mins  
★★★★☆

Animation of a more child-friendly variety as the quartet head to Monte Carlo where, after a chase, they seek rescue with circus animals.

Alex, Marty, Melman and Gloria nervously train alongside the professionals, knowing they must impress a big promoter in Rome in order to secure a booking in the Big Apple.

Tomfoolery ensues and the animal magic returns to a franchise that went a little stale.



### Ginger And Rosa

(12A) 90mins  
★★★★☆

Ginger (Elle Fanning) and her best friend Rosa (Alice Englert) enjoy the freedoms of swinging 1962 London. They talk excitedly of where their lives might lead.

But tensions crackle and the girls' friendship feels the strain when Rosa embarks on an affair with Ginger's dad. As her parents' marriage falls apart, Ginger finds refuge with a gay couple (Oliver Platt, Timothy Spall) and their friend May Bella (Annette Bening).

# What happened once the money train halted

## STAGE

### You Can Still Make A Killing

Southwark Playhouse

**R**emember the man who walked out of Lehman Brothers bearing a box and a shell-shocked expression? This is his story. Sort of.

This is the story of all of them – what happened following those end-of-days in 2008: who won, who lost and the price they paid, in terms of kudos, yoga mats, lattes and souls.

Writer Nicholas Pierpan puts a human face to the Masters of the Universe, takes them home and makes them sheepishly explain their actions to their peevish wives.

He rips away the Gieves and Hawkes carapace and prods away at the raw nerves beneath seeing what stuff these men are made of, stripped of their expense accounts and their vacuous locker room brinkmanship.

Edward and Jack are old friends. Fidgety Jack (Ben Lee) was busy being a surgeon but was lured to the hothouses of Canary Wharf by posturing, pompous Edward, a chip-on-his-shoulder Croydon boy.

But the survival of the fittest demands swift acrobatic moral re-positioning.

So while Jack flourishes in his hard-bitten hedge fund, ousted Edward (Tim Delap) spitballs with prospects in Starbucks, sells the dream house and finally, at wit's end, joins the FRA (the fictitious FSA) where he plots his revenge against the System.

Their wives ride the same roller-coaster. Shriell Fen (Kellie Bright) abandons dreams of a third child and moves out to Acton, which



Tim Delap plays Edward whose fortunes waver with the times

might as well be Soweto until it becomes Nirvana; while sinuous Linda (Marianne Oldham) sucks up to the yummy mummies she hates. All want to conform, all want to be different.

Their fortunes change in ways that would reveal too much. (It is soapy fare, to be honest, with bombshells and declamations that don't ring true but move the plot along.)

All are despicable and honourable; all are false and honest. In short, they're human, simply reacting, shifting, settling and justifying.

Director Matthew Dunster fills the wide stage with lacquered desks and swivel chairs that become offices and coffee shops and schools while a uniformly robust cast offers plenty of treats and talent. (William Mannering as FRA foot soldier Chris nearly steals the show armed only with a bag of nuts.)

When the story of how art responded to the financial meltdown comes to be written, this smart play may only make a footnote but it does attempt a more ambitious reach than some of the more simplistic dialectic tracts.

Future versions will be shorter. Two hours 40 minutes doesn't suggest the fast-snap of a City on heat. Instead it is a muffin-topped morality tale intent on capturing what happens when a combatant quits the trenches and is forced into no-man's-land.

**Giles Broadbent**  
Until November 3,  
southwarkplayhouse.co.uk

### Our verdict

**Robust look at the less sympathetic victims of the 2008 financial crisis**

★★★★☆

## MUSIC



### The Haunted Man

Bat For Lashes

★★★★☆

Natasha Khan's third album shines with infectious melodies, dramatic ballads, rich with instrumentation and passionate, haunting vocals, all of which could give Florence and her Machine a run for their money.

Harp, piano, strings, horns and synth feature over alien, Bjork-like beats, while Khan enchants with vocals that nod to Kate Bush and PJ Harvey. The standout track is *Laura* – a tear-stained piano-ballad.

**Jamie Grierison**

## BOOK



### You're Not So Smart

David McRaney (Oneworld)

★★★★☆

Award-winning journalist David McRaney explores technology, psychology, and the internet to seek out delusion.

Why do we procrastinate? How often do we lie to ourselves?

Providing us with a humorous, informative and sometimes uncomfortable insight into the workings of the human mind, the book smartly dissects our habits and perceptions.

**James Fry**

## PREVIEW

# Planning a future without the king

IN a much-anticipated head-to-head between two of TV's favourite faces, Mark Gatiss and Douglas Henshall bring to life one of the greatest personal and principled conflicts of British history.

Gatiss plays King Charles I and Henshall Oliver Cromwell in the world premiere of *55 Days* at the Hampstead Theatre under the direction of Howard Davies.

The 15 strong company enact Howard Brenton's examination of a country fatigued by civil war and on the brink of the unthinkable – forging a new nation without a monarch.

With Charles I refusing to compromise, Cromwell struggles to invent a new future. *Until Nov 24, hampsteadtheatre.com.*



Mark Gatiss as King Charles I




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@YOURCANARYWHARF



# WLTm...

Kick-start your love life with  
The Wharf's own dating service

## Place an ad

### By Phone


call FREE on  
**0800 151 3412**

call using your MOBILE  
**0333 313 4458**  
(you will get charged your standard network rate)

If you have a **photo** you're 6 times more likely to get responses! Simply text your solo picture along with your 6 digit mailbox number (space) 4 digit pin number under your photo, to 0779 366 6363. Or send by email to: support@jmediauk.co.uk with your Mailbox & pin number.

For **message collection** call  
**0906 500 3731**  
Calls cost £1.53 per min.

### Get Photos!

Ads with a  symbol have a photo of the advertiser.

Simply text **PIX042(space)**the advertisers mailbox number, & send to **88833**\*For Help call **0844 800 1188** Mon - Fri 9 to 5 or email us at support@jmediauk.co.uk


## Replying to ads

### By Phone

call  
**0906 500 3729**

Follow the simple instructions and reply to an advertiser today, £1.53 per min.

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To ads with a  symbol, text **WHARF** followed by the box number of the advertiser you wish to respond to & send to **78850**\* eg **WHARF(space)123456(space)**Hi saw your ad would like 2 know more about u. Then send to 78850. It's that easy! (£1.50 per message sent)

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Browse through all ads incl. NEW advertisers! Hear new ads before they appear in the paper!  
Call: **0906 500 3729**\*

### CUSTOMER SUPPORT

For Help Call **0844 800 1188** Mon - Fri 9 to 5 or email us at support@jmediauk.co.uk

## Women seeking men

Guys Text n' Chat. Text in now and chat to local people.

Send : CHATUP018 To : 65125 (T&C's below)

**GEM** black 58, caring, down to earth, size 16-18, likes most things, homely, seeks caring male, 55-60 for friendship. Tel No: 0906 500 3729 Box No: 393727

**CARRIE** 38 curvaceous full figured lady, single mum to one and very lonely. WLTm appreciative male for a fun social drink hopefully leading to more. Tel No: 0906 500 3729 Box No: 397585

**ADELE** 23yr old young looking blue eyed brunette, size 10, busty, seeking tall male up to 38yrs for fun texts and flirty dates. Tel No: 0906 500 3729 Box No: 397457

**JACKIE** 32 attractive classy professional, blue eyes, brown hair, healthy/trim, well travelled, feminine, smart, seeks male, 40-50yrs. Tel No: 0906 500 3729 Box No: 391013

**KIND** understanding widow, 66, N/S, non drinker, WLTm kind, Jewish gent for friendship etc. Tel No: 0906 500 3729 Box No: 397227

**52YR** old single mum, likes car boots, seaside, walks, TV, N/S, seeking white male, 40's, easygoing, laidback for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397959

**BRITISH** lady, 44, 5ft 2ins, slim, kind, caring, loyal, seeks tall, good looking white guy, 42-48 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397833

**ATTRACTIVE** lady, long blonde hair, blue eyes, GSOH, likes meals out, cinema, picnics, football, home life, seeks attractive, N/S, slim-medium build male, 58-62. Tel No: 0906 500 3729 Box No: 323633

**SLIM** blonde female, likes football, meals out, cinema, seeks nice looking male, slim-medium build, N/S, 58-62 with GSOH. Tel No: 0906 500 3729 Box No: 320009

**FEMALE** likes picnics, bowling, cinema, restaurants, seeks attractive man, 58-62. Tel No: 0906 500 3729 Box No: 371961

**CONFIDENT** fun female bored of spending time alone, looking for fun man to share lots of laughs and good times. Tel No: 0906 500 3729 Box No: 370177

**SLIM** attractive lady, young in mind and looks, seeks N/S man, 59-64 with GSOH. Tel No: 0906 500 3729 Box No: 393057

**LYNDA** very attractive attached female, own transport and willing to travel, seeking similar natured male for extra circular activities. Must be discreet. Tel No: 0906 500 3729 Box No: 386653

**KAT** 37, slim build and active looking for male 30-45yrs for easygoing discreet friendship with benefits. Tel No: 0906 500 3729 Box No: 397403

**SHARON** slim size 10 blonde, horsy, loves nights out, looking for new adventures with tall, dark, fit considerate male to look after. Tel No: 0906 500 3729 Box No: 397395

**STACY** 39, green eyes, blonde hair, toned body, looking for genuine loving male to enjoy good times in or out and to fall in love with. Tel No: 0906 500 3729 Box No: 397495

**FEMALE** seeking loving, kind, romantic, trustworthy male with good personality. Tel No: 0906 500 3729 Box No: 397737

**JACKIE** 5ft 3ins, medium build, arthritis, church goer, seeking Christian male, mixed race for companionship. Tel No: 0906 500 3729 Box No: 395585

**CARIBBEAN** lady, genuine, polite, friendly, family orientated, caring and understanding, seeking white male, 45-55 for relationship. Tel No: 0906 500 3729 Box No: 397605

**GENUINE** professional black female, 40yrs, 5ft 7ins, size 12, seeks educated, professional, affectionate well spoken white male 35-50yrs. Tel No: 0906 500 3729 Box No: 389699

**64YR** old N/S female, 5ft 5ins, dark hair/eyes, medium build, divorced, seeks male. Tel No: 0906 500 3729 Box No: 397539

**SUZANNE** 35, beautiful blonde, seeks discreet male for chats and a relaxing glass of wine anytime. ACA, status unimportant. Tel No: 0906 500 3729 Box No: 342527

**BRIGHT** bubbly, curvy blonde, bit of a romantic, seeks loving male to share the fun loving side of life with. Looks unimportant. Tel No: 0906 500 3729 Box No: 338461

**JULIE** 5ft 8ins, 48, cuddly, seeks male with similar interests. Tel No: 0906 500 3729 Box No: 397533

**DONNA** 24yr old single nurse, curvy, pretty, brown hair, big eyes, single and fun to be with, WLTm mature male for romance 25-45yrs. Tel No: 0906 500 3729 Box No: 391117

**STUNNING** vivacious female, long blonde hair, lovely legs, slim, loves motorbikes, seeks tall, hunky male for a wild and passionate relationship. Tel No: 0906 500 3729 Box No: 370348

**VANESSA** attractive, glamorous black lady, 5ft 6ins, curvy, size 14, seeks caring, loving, solvent, generous, white male, 35-55 for fine dining and travel. Tel No: 0906 500 3729 Box No: 387184

**YOUNG** at heart 61yr old female, varied interests, likes music, dancing, pubs, meals out, theatre, seeks kind, caring, reliable man for friendship and more. Tel No: 0906 500 3729 Box No: 396781

**58YR** old female, 5ft 2ins, black, bubbly, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 396609

**BLACK** lady, looking for male for relationship. Tel No: 0906 500 3729 Box No: 396139

**YOUNG** at heart 61yr old female, varied interests, likes music, dancing, pubs, meals out, theatre, seeks kind, caring, reliable man for friendship and more. Tel No: 0906 500 3729 Box No: 396069

**MAXINE** 46, 5ft 8ins, slim, outgoing, bubbly, GSOH, looking for good times, cinema, meals out etc. Tel No: 0906 500 3729 Box No: 392512

**BLACK** lady, bubbly, friendly, kind, black hair, brown eyes, seeks Irish male to love and care for me. Tel No: 0906 500 3729 Box No: 394767

**FEMALE** 25, professional, likes nights out, socialising, seeks male. Tel No: 0906 500 3729 Box No: 360961

**ATTRACTIVE** mature, outgoing Caribbean female, seeks interesting companion for socialising, good conversation and glass of wine. Tel No: 0906 500 3729 Box No: 367799

**CURVY** lady, size 18, 52, seeks honest, decent male, 40-50 for lasting relationship. Tel No: 0906 500 3729 Box No: 387343

**FEMALE** 62, looking for genuine, sincere, kind gent, 60-70 for LTR. Tel No: 0906 500 3729 Box No: 386685

## Found Love?

Our editors would love to hear your success story, email or post it to us (a photo would be nice too!) and we will send you a gift voucher to say thanks!

email:  
support@jmediauk.co.uk  
mail to: JMedia UK Ltd,  
SW4 7BX

**ATTRACTIVE** Capricorn female, good sense of humour, mid 40's, N/S, likes most things, cinema, meals out, pubs, looking for genuine N/S white male for friendship maybe more. Tel No: 0906 500 3729 Box No: 334685

**BUSTY** young at heart female, 60, 5ft 6ins, dark hair, hazel eyes, N/S, likes music, travel, meals out, coast, GSOH, seeks tall, caring male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 393279

**SRI** Lankan female, attractive, kind, many interests, seeks British white male, 35-40, kind, honest and caring for LTR. Tel No: 0906 500 3729 Box No: 393219

**GEMMA** early 60's, slim, blonde, blue eyes, seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 393105

**BEAUTY** 21, seeking older, solvent gent 70 plus for friendship/relationship. Tel No: 0906 500 3729 Box No: 392697

**38YR** old attractive female, likes swimming, seeking British, professional, handsome male for serious relationship. Tel No: 0906 500 3729 Box No: 391758

**LINDA** bubbly 62yr old, attractive, seeks gent for meals out, good times and maybe more. Tel No: 0906 500 3729 Box No: 392053

**AMELIA** 54, loving, caring, seeking similar male with GSOH. Tel No: 0906 500 3729 Box No: 391643

**YOUNG** looking 43yr old white female, dark hair, blue eyes, attractive, sensual, size 14, shapely, curvy, 5ft 6ins, artistic, seeking male, 23-73 for discreet fun. Tel No: 0906 500 3729 Box No: 391255

**51YR** old female, brown hair/eyes, GSOH, seeking genuine guy for love and romance. Tel No: 0906 500 3729 Box No: 390615

**PATRICIA** outgoing, confident, feminine, warm, friendly, smart, good company, attractive, seeks similar male. Tel No: 0906 500 3729 Box No: 347215

**ATTRACTIVE** black female, likes keep fit, travel, cinema, socialising, seeks honest genuine male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 389547

**WIDOW** needing company, sociable, outgoing, 75, taken for 65, feeling 55, 5ft 7ins, elegant, likes dancing, seaside, coach holidays, animals, theatre. Tel No: 0906 500 3729 Box No: 389423

**CAROL** attractive blue eyed blonde, slim, size 10ins, GSOH, great entertainer, good cook, well mannered, cheeky, sensual, romantic. So why am I single? Call me. Tel No: 0906 500 3729 Box No: 388979

**LADY** early 60's, likes the arts, country walks, seeks educated, cultured gent for possible romance. Tel No: 0906 500 3729 Box No: 384961

**BLACK** woman, 40's, caring profession, average build, home owner, funny, reliable, caring, seeks white male of similar age, professional, honest and funny for LTR. Tel No: 0906 500 3729 Box No: 386921

**LADY** kind, caring, loving, seeks white male, single, mature, loving, caring, 46-69 for loving relationship. Tel No: 0906 500 3729 Box No: 384859

**63YR** old female, dark hair/eyes, medium-large build, N/S, likes cinema, meals out, seeks N/S male with car and similar interests. Tel No: 0906 500 3729 Box No: 384735

**LIZ** 52, looking for East London man of similar age for LTR. Tel No: 0906 500 3729 Box No: 390887

## Men seeking women

Ladies Text n' Chat. Text in now and chat to local people.  
Send : CHATUP042 To : 65125 (T&C's below)

**HANDSOME** male, 43, 5ft 9ins, likes dancing, outings, nights in, seeks female to love and cherish for good times. Tel No: 0906 500 3729 Box No: 383009

**BUILDER** 43, tall, good looking, GSOH, kind, considerate, easygoing, seeks lady. Tel No: 0906 500 3729 Box No: 398025

**42YR** old male, 5ft 7ins, handsome, black, looking for big girl, size 12-18, age 42 max, 5ft 9ins max, afro Caribbean/black/mixed race or Mediterranean. Tel No: 0906 500 3729 Box No: 397987

**SEEKING** my dream girl. 50 plus female, N/S, petite/medium build/buxom, freckled natural red/auburn haired beauty for fun and games with Chris 5ft 7ins, medium build, N/S male. Tel No: 0906 500 3729 Box No: 392592

**MALE** seeking blonde female, 24-28 with nice figure for fun times. Tel No: 0906 500 3729 Box No: 393274

**ATTRACTIVE** male, 50, looks younger, seeks female, 18 plus for LTR and more. Tel No: 0906 500 3729 Box No: 397943

**38YR** old male, good looking, kind, generous, GSOH, Sagittarian, seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397907

**JOHN** widower, 5ft 7ins, medium build, likes meals out, holidays, sports, seeking female, 65-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397843

**MARK** looking for large lady, size 22 plus, aged 40 plus for fun and good times. Tel No: 0906 500 3729 Box No: 397217

**YOUNG** 64yr old male, 5ft 10ins, medium build, brown hair, widowed, fit, enjoy most things, tactile, loving, seeks female. Tel No: 0906 500 3729 Box No: 395351

**GARY** 48, white, medium build, GSOH, likes a laugh, seeks female, 45-55 with GSOH for LTR. Tel No: 0906 500 3729 Box No: 390867

**STEVE** 48, divorced, likes sports, drinking, meals out, cinema, seeking female of similar age. Tel No: 0906 500 3729 Box No: 392916

**MALE** 63, young at heart, affectionate, likes dancing, meals out, sport, music, movies, nights in, cooking, seeks female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 347779

**LOVABLE** Cockney male, 66, easygoing, GSOH, seeks female, 55 plus for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397811

**KIND** pleasant, smart guy, 64, 5ft 9ins, N/S, likes animals, travel, GSOH, seeks slim, attractive, caring lady for dates and travel. Tel No: 0906 500 3729 Box No: 397803

**CARING** romantic, retired, professional male, 76, loves travel, music, meals out, looking for lady for company and LTR. Tel No: 0906 500 3729 Box No: 397755

**MALE** 65, 6ft, GSOH, easygoing, seeks female, 55 plus for friendship, maybe more. Tel No: 0906 500 3729 Box No: 395269

**WHITE** male, 38, good build, seeks female, 25-45 for lasting LTR. Tel No: 0906 500 3729 Box No: 394043

**NICE** looking, fit white male, 48, 6ft, seeks slim, attractive black female, 35-48 for friendship/relationship. Tel No: 0906 500 3729 Box No: 367111

**ATTRACTIVE** white male, good build, 38, seeks slim female, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 392895

**GOING** to waste. Nice guy young 65, 5ft 9ins, N/S, likes life, travel, seeks younger, slim, lively, smart female for romance. Tel No: 0906 500 3729 Box No: 380987

**WHITE** male, 5ft 7ins, 46, medium build, brown hair, green eyes, honest, caring, seeks female, 42-65 for lasting relationship. Tel No: 0906 500 3729 Box No: 397749

**DAVID** 46, British born, fit, enjoy meeting new people, seeks female. Tel No: 0906 500 3729 Box No: 397725

**DANNY** 49, looking for attention and affection both ways. Tel No: 0906 500 3729 Box No: 397689

**WORKING** gent, 60's, GSOH, helpful, friendly, seeks white lady, 50-75 for meets, meals out etc. Tel No: 0906 500 3729 Box No: 397327

**HONEST** male, 46, 5ft 6ins, brown hair, green eyes, medium build, easygoing, seeks nice lady, 40-60 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397657

**MATURE** white male, slim, fit, muscular, N/S, likes swimming, days out, conversation, wine, WLTm female for discreet friendship. Tel No: 0906 500 3729 Box No: 397649

**MALE** 50's, seeks cuddly lady, size 16 plus, 40 plus for fun times. Tel No: 0906 500 3729 Box No: 386073

**MALE** seeking female, 45-62, easygoing, outgoing and loving. Tel No: 0906 500 3729 Box No: 397635

**STEVEN** mature male, 49, strong, professional, seeking interesting person who wants more from life, do not suffer fools lightly. Tel No: 0906 500 3729 Box No: 391142

**NICK** 53, Londoner, outgoing, fun loving, honest, sincere, many interests, seeks likeminded black lady to share good things, possible LTR. Tel No: 0906 500 3729 Box No: 388091

**YOUNG** middle aged British male seeking mature lady 40-70yrs for ltr and more. Tel No: 0906 500 3729 Box No: 394957

**5FT** 6ins male, medium build, likes socialising, walks, films, meals out, seeks female, 40-60. Tel No: 0906 500 3729 Box No: 353917

## Men seeking men

**KEVIN** 34, 6ft 2ins, blond hair, medium build, toned, young boyish good looks likes nights out, sports, holidays, seeks similar male, any age for adventurous fun times. Tel No: 0906 500 3729 Box No: 355984

**TEXT: CHATUP042**   
**TO: 65125**  
**START CHATTING TODAY!**  
\*TEXT: 65125 Cost £1.50/msg received, for full t&cs see below

**CALL CHARGES:** 18+ ONLY 09065 calls cost £1.53 per min. Plus network extras. Mobiles will be considerably higher, calls are recorded and may appear on your bill. 033 calls are charged at standard network rate. TEXT\*: 88833 texts £1.50 per msg. Mobiles must be MMS/Map compatible in order to use these services, if not contact your Network Provider. Text alerts are charged at £1.50 per week (3 x 50p billed msg). To unsubscribe to text alerts, text DATING STOP to 63333. To cancel free match alerts, text STOP to 07781474042. For full T&Cs go to [www.localdates-terms.co.uk](http://www.localdates-terms.co.uk). Strictly 18+ and have the bill payer's permission. Reply by Text to 78850 costs £1.50 per msg sent plus your network's standard charges. A minimum of six messages are checked and passed for safety sake before adult verified users may pass contact details. Max 150 characters per message. RBT is a text that service moderators by operators, we make no guarantee that you can meet the people advertised and some profiles may not match their description. To stop text STOP to 78850. \*SMS Txt Chat services on 65125: after registration you will be sent 3 chat msg at a cost of £1.50 per msg then all subsequent msg received will be charged at £1.50/msg. SMS Txt Chat is virtual chat services meaning that you will not be able to meet the people listed. This service is for entertainment only. We reserve the right to contact individuals with occasional promotional invitations. Switchfire Ltd. To STOP text stop to 65125. Help: 08444457707. OptOut: [www.SFire.co.uk](http://www.SFire.co.uk) DATA PROTECTION: Service provided by JMedia UK Ltd, SW4 7BX, 0844 800 1188. We will collect the details you provide and may send you details of other services and events operated by us. We may pass your details onto this newspaper for marketing or PhonePayPlus for regulatory purposes. W/C 161012

# Business

**Your Money**

## NEWS IN BRIEF

Business round-up



Martin Wheatley at Thomson Reuters in Canary Wharf

### Wheatley tells of FCA philosophy

**FINANCE** Risky products could be banned without consultation for up to 12 months under new powers given to the successor of the Financial Services Authority.

Martin Wheatley, head of the Financial Conduct Authority (FCA), said the new organisation "will have a greater appetite to get things done".

The FCA would bring more enforcement cases with tougher penalties said Mr Wheatley as part of the handover to the new body next year.

He was speaking at Thomson Reuters in Canary Wharf.

He said: "The FCA offers a huge opportunity for the regulator and firms to start afresh and work in partnership to reset how we deal with the financial services."

### Call for energy in banking reforms

**FINANCE** In what is widely seen as his last public pitch for a top job at the Bank of England, FSA chairman Adair Turner called for more innovation to take on tough economic challenges.

Lord Turner, pictured, in a Mansion House speech, also warned against building "the stability of the graveyard" when tackling financial reforms.

Lord Turner is one of the front-runners to succeed Sir Mervyn King as bank governor.

### New Mirror chief alters structures

**MEDIA** Trinity Mirror, owner of *The Wharf*, has announced a raft of changes in its structure following the arrival of new chief executive Simon Fox.

Mr Fox has brought together the national business – based in One Canada Square – and the regionals into one operation under new chief operating officer Mark Hollinshead.

The daily deals website Happil will be closed down as part of strategic reforms aimed at strengthening the group's print titles and digital presence.

# Boutique hotel puts borough at its heart



## HOSPITALITY

### Landmark building revived to capitalise on Olympic spirit

Rob Virtue  
@wharf.co.uk

**A**n old building that once provided accommodation for police officers has been transformed into a modern boutique hotel aimed at visitors to Greenwich and Canary Wharf.

A major refurbishment programme has seen the four-star Mercure London Greenwich, set in the 80-year-old formerly derelict Maurice Drummond House building, open for business.

The works also saw the addition of two glass-fronted floors on top offering views of west Greenwich.

Stephen Willmore, of Assael Architects said: "The original building had become redundant and had suffered from vandalism. This was an exciting

■ A NEW hotel in the East End has branded itself a value-for-money option for accommodation close to the Wharf.

The Holiday Inn London Commercial Road, in Whitechapel, boasts 133 standard and executive rooms for both tourists and business-people.

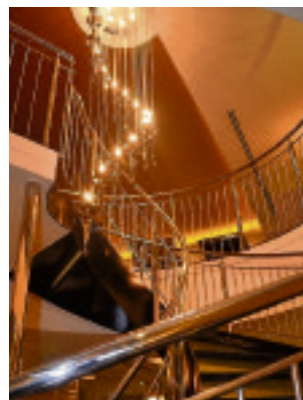
The £15million development, first unveiled in July, has also played its part in the wider regeneration of the Whitechapel area, with the creation of 60 jobs.

Go to [hilonondoncommercialroadhotel.co.uk](http://hilonondoncommercialroadhotel.co.uk) for more details.

opportunity to refurbish, renovate and reuse an existing structure.

"We have been lucky enough to work with an imaginative client and enthusiastic project managers."

The building, constructed in the '30s was named after Sir Maurice Drummond, a British soldier and senior officer in the Met Police. It housed police officers in its early years and won a Riba Bronze award in 1946 for its design.



The renovated Maurice Drummond building in Greenwich

The owners of the nine-floor, 145-room hotel are hoping to capitalise on the increase in awareness of the Royal Borough since the Olympics, as well as people visiting The O2.

It also sees itself as a more affordable option to Canary Wharf's hotels.

General manager Michael Rebeiro said: "This hotel has fantastic features and design touches but what makes it come alive is the team. We are passionate about our guests, we simply reflect the attention to detail and personality of this land mark."

Go to [mercure.com](http://mercure.com).

## NUMBERS

# 22%

Are not sure how they will pay their winter fuel bills with 44 per cent actively managing the amount of energy they use.

SOURCE: GOCOMPARE.COM

# 3.62m

The number of private rented homes – a figure that has grown from 2.06million in 2001, a rise of 75 per cent.

SOURCE: BRITISH GAS

# 2.2m

Brits have been on a religious holiday in the last year. They spend on average more than £1,000 on their trip. Overall, they spent £2.2billion on so-called "holy-days".

SOURCE: SAINSBURY'S TRAVEL INSURANCE

# 28%

Of UK employees believe there is less stigma with mental health issues in the workplace than a year ago with more claiming on private medical health insurance policies.

SOURCE: AVIVA

# Counting the green in your investments

## YOUR MONEY

Is it possible to build a long-term savings pot on the back of saving the planet?

If you only want to put your money in companies that work to the highest ethical standards to save the environment, National Ethical Investment Week (October 14-20) is an obvious moment to take stock.

John Ditchfield, managing partner of Barchester Green, an independent financial adviser specialising in ethical and responsible investment, says: "Strong financial returns delivered by many ethical funds haven't gone unnoticed and we're seeing an increase in inquiries as many savers lose faith in the activities of banks."



"Increasingly people realise they can invest in something they believe in – and make a financial return." However, getting your savings to work for good causes is far from easy.

Many individual shares on the edge of the green sector have had a torrid time: Shanks, a waste disposal company, for example, has seen its share price plunge.

If you opt to put your money in managed funds instead, that can be tricky too. Many funds are so small that you need expensive expert advice to find the best.

Some managed funds holding a portfolio of shares and even corporate bonds in the green sector, however, have performed reasonably well.

Ditchfield compared the returns, over one to 10 years, of various green funds against a £10,000 lump sum held in a 90-day notice account with a bank or building society: over 10 years, he reckons, the Kames Ethical Equity A fund produced a 186% return, while the cash delivered a return of barely 29%.

In its latest review, Barchester Green lists Cheviot Asset Manage-

ment's Climate Asset fund – up by more than 16% in a year – as a "winner" among green funds.

Many financial advisers are sceptical. Jason Hollands of Bestinvest says: "Nothing is straightforward with ethical investment."

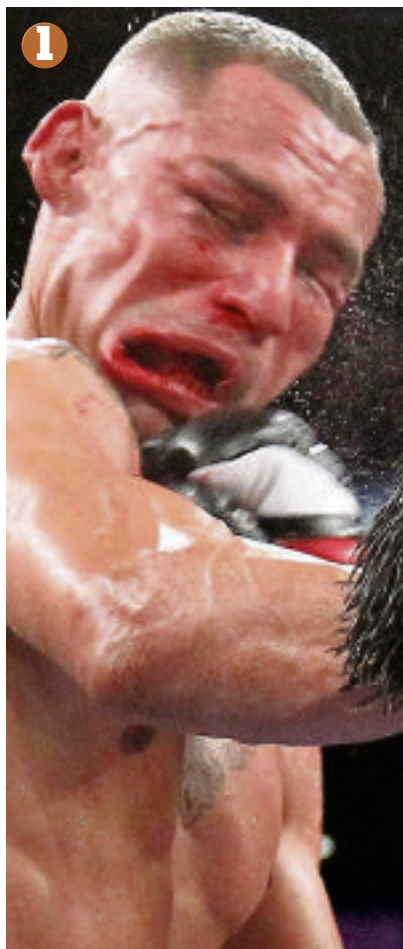
He urges investors to "look beneath the bonnet" when considering green or ethical funds because, it says, ethical policies vary between products and some stocks held in ethical funds can surprise.

"The likelihood is that you will have to compromise some convictions and understand that in some cases, policies of a fund can change over time. Not all funds operate with a static definition of what is acceptable for their universe."

Jeremy Gates



# Images



1

1

Mike Alvarado of the US takes a punch in the Latino Super Lightweight title bout

REUTERS  
Danny Moloshok  
UNITED STATES

2

Led Zeppelin lead singer Robert Plant promotes *Celebration Day* in the US, a film of their 2007 O2 gig

REUTERS  
Carlo Allegri  
UNITED STATES

3

A Greek protester demonstrates against the visit of Angela Merkel

REUTERS  
John Kolesidis  
GREECE

4

Taiwanese people celebrate National Day in Taipei

REUTERS  
Pichi Chuang  
TAIWAN



2



3



4



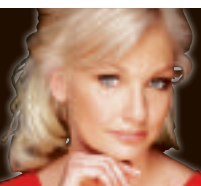
# Take 5

Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro



### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Slow your pace and take in the view. Trust me, the future is better than the past. Come, take a look with me and you'll see the way forward soon.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

There seems to be an awful lot of office politics affecting your work and you would be wise to keep out of any arguments which don't involve you.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

Look successful, be successful. Before you even think about leaving the house today make sure you're dressed in a way that conveys confidence.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Who's making you serious offers and who is just leading you on? Of course you could always save time and just admit who you really want. Think clearly.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

You've been a little lonely, but then a sign such as you is so used to having a lot going on in life that this quiet spell is probably quite nerve-racking.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Jealousy's never a nice trait but it's one you have. The sooner you learn to deal with it, the better. Make a friend of the face you see as a threat right now.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

You may have said some things that were a little close to the mark. If this is true then please make your apologies before the weekend or face bad luck.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Don't be too hard on a close one who's clearly made a mistake. You'd be far better to show them the forgiveness you would like shown for yourself.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Too much of a good thing can make you sick and that is what seems to have happened with you and another. Give yourself time to see who you are.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

You should start to feel as if a burden has been lifted from your shoulders. You're out the other side Scorpio. Have you not acknowledged this fact?

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Push for your dreams, don't give up on them. Help from an unexpected source should make this a day to remember. Open your eyes and take off those blinkers.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Don't make promises you know you can't keep or it will come back on you. Work on what you know you can do and you'll keep those around you on board.

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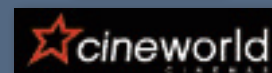
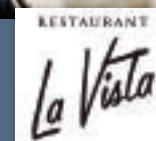
## Dinner and a Movie



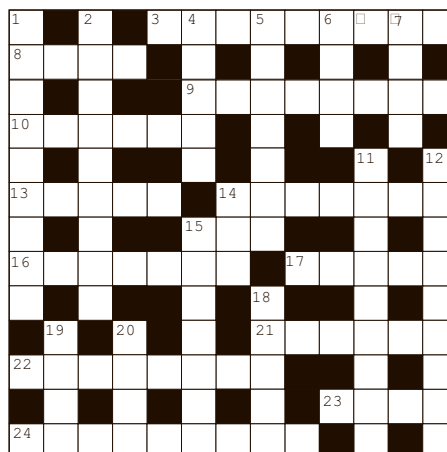
★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's La Vista and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the name

of the actress who stars in the post-war Brit movie *Ginger And Rosa*. Email your answer to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk) with "Movie Night" in the subject line. The closing date for entries is October 28, 2012.

Include your name and postal address and the details and tickets will be posted to you.



## Crossword



### ACROSS

3. Unhurried (9)
8. Fossil fuel (4)
9. Ball game (8)
10. Antenna (6)
13. Bring upon oneself (5)
14. Slim (7)
15. Dish topped with pastry (3)
16. Tot (7)
17. Prickly plants (5)
21. Support over a door or window (6)
22. Hole in a tyre (8)
23. Sixty minutes (4)
24. Take turns (9)

### DOWN

1. Beekeepers (9)
2. Makeshift barrier (9)
4. Premature (5)
5. Short growth of beard (7)
6. Impolite (4)
7. Cooking fat (4)
11. Schooling (9)
12. Heavy guns on wheels (9)
14. Knight's title (3)
15. Flightless bird (9)
18. Watchful (5)
19. Twofold (4)
20. Line in darts (4)

ACROSS: 3. Leisurely; 8. Petroleum; 9. Football; 10. Aerial; 13. Embarrass; 14. Tot; 15. Prickly; 16. Tot; 17. Prickly; 21. Support; 22. Hole; 23. Sixty; 24. Take. DOWN: 1. Beekeepers; 2. Makeshift; 4. Premature; 5. Short; 6. Impolite; 7. Cooking; 11. Schooling; 12. Heavy; 14. Knight; 15. Flightless; 18. Watchful; 19. Twofold; 20. Line.

## Sudoku

### EASY

6				7			4	1
4	9		2				5	
		1	6		8	3		
		2		8		4	1	
3			9		6			7
	8	6		5		9		
		5	4		2	8		
	4				7		6	5
8	6			1				4

### HARD

	3	8					2	
1				9			3	
2			5		3	6		
	1			9		4		8
9		5		6			7	
		2	9		1			7
	5		3					2
8					3	4		

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP



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## THE FANS' ROAR



By Ian Toal

Should you change a winning side?

**Millwall Supporters Club**  
millwallsupportersclub.co.uk

In some ways it is a shame we have had the international break this week after our fine win over Bolton last weekend.

The same happened when we last won a game – at home to Middlesbrough. We promptly lost the next three matches.

Millwall supporters will be hoping for much better form when we return to action this Saturday and travel to Selhurst Park to take on our south London rivals Crystal Palace.

That match will be a good time to keep our first clean sheet of the season. Unfortunately Crystal Palace have only given us the same small allocation of tickets we received last season – 2,600 – which sold out in double-quick time.

They also charged us the maximum they could, £32, and justified the price because they have put us right in the middle of the great big Arthur Wait stand with sterile areas either side,

“It will be interesting to see what Jactett does

meaning we are opposite the most expensive home tickets.

With this big derby game just around the corner we are looking for all our international players to come back without any knocks.

Andy Keogh received mild concussion in training last Saturday, which is a shame as he must have been on a high after scoring Ireland's only goal the night before in the 6-1 home defeat to Germany.

If he misses the Palace game then the striking duties will fall to Darius Henderson and Chris Wood. Wood has had a lot of travelling to do this week after taking on Tahiti away and then at home for New Zealand.

We hope those long flights don't take it out of him too much as we need him to be fresh.

It will be interesting to see what manager Kenny Jactett does at the other end of the pitch in the Lions' defence as Shane Lowry is available again after his one-match suspension.

Stand-in skipper Danny Shittu and loan signing Mark Beevers formed a good partnership in beating Bolton and only conceded from a penalty.

It's the age old question of whether you should change a winning team?

Jactett may even bring Lowry in at left-back and then choose between Jack Smith and Alan Dunne at right-back.

# Olympic Stadium deal kicked into long grass

WEST HAM

Hammers may have to wait months for final decision on their Stratford bid

Giles Broadbent  
@wharf.co.uk

West Ham's dream of taking over the iconic Olympic Stadium continues to recede with a decision over a new tenant delayed yet again.

The stumbling block appears to be the £160million bill to convert the stadium into a venue suitable for football, notably with retractable seating.

The board of the London Legacy Development Corporation met on Monday but was told that negotiations with the club had yet to reach a conclusion.

It seems increasingly likely that if a deal is done, it will not come into effect before the 2014-15 season, a year later than originally planned when the bid was first entered.



Patient and resolute: David Gold

West Ham co-owner David Gold said: "Sadly the decision on the Olympic Stadium has been postponed. We must be patient but resolute."

While the next fortnight has been earmarked as the timetable for a conclusive decision, LLDC's chief executive said that it was more likely to take a couple of months.

The stadium has been a thorny issue since a joint bid by Newham Council and West Ham was abandoned after legal objections centring on the use of

public funds. Since then the tortured tug-of-war between the needs of football and the athletics legacy, as well as the money, have elongated the decision-making process.

Meanwhile West Ham manager Sam Allardyce is looking forward to a return to Premier League action – and the safe return of his internationals. After a fruitless show against Arsenal, Southampton may present a more viable target for points.

The manager said on Monday: "The first thing is looking at the international lads in the hope that they come back and are not injured."

"We need to bounce back from a disappointing result but a very gutsy performance and then get back on the victory trail at home."

"Southampton have not had the best of starts with some difficult games and have been conceding a number of goals and we've got to try and take advantage of that."

Big Sam knows a win at the Boleyn would give a 10-point gap between themselves and the South Coast club, entrenching a sense of determination and confidence in east London.

He said: "We'd like to beat them on the basis that we have both been promoted and we both know how much of a struggle it is in year one."

## SPORT IN BRIEF

Club round-up

## Crushed in the closing minutes

**RUGBY** A thrilling match ended in disappointment for Blackheath as they went down 41-42 to Ealing Trailfinders at the weekend.

The tables turned in the final five minutes, with the visitors taking the bragging rights off the back of Tom Wheatcroft's boot from just over 50 metres following a poor lineout and a foul from Blackheath.

The south Londoners travel to the Forest of Dean to face Cinderford this Saturday.

## Away blues as Romford win

**RUGBY** Despite a fine performance away from home, Millwall's third 15 fell short in their clash with Romford's fourth 15.

Perhaps reflecting unfairly on the visitors, the 32-24 scoreline fails to take into account some superb work by the forwards making considerable territory gains and the backs matching those high standards by shaking off the Romford defence.

Millwall face Maldon at home this Saturday.

CHARLTON

## Addicks are looking for biggest crowd

CHARLTON are hoping for a sell-out crowd on Saturday for the first since the Premier League days.

Tickets have been reduced to £5 anywhere in the ground for the match against Barnsley. By Tuesday evening there were less than 4,000 left, already overtaking the attendance for the last Football For A Fiver game against Exeter City last season.

The Barnsley match will see the Addicks return to action for the first time since a 2-0 victory over Blackpool before last weekend's international break.

Following Saturday, they travel to Leeds United for a Tuesday night match.

Go to [caf.co.uk](http://caf.co.uk) to buy tickets for either match.

Rob Virtue

## WEEKEND FLUTTER

WITH THE RACING POST

## RACING

■ It's Qipco Champions Day at Ascot on Saturday, and all eyes will be on the mighty Frankel trying to sign off a wonderful career by remaining unbeaten. But if you're looking for a bit of value on the card, **Delegator** looks sound each-way value at 20-1 in the Champion Sprint. He has had his niggles, but has a great record when returning from a break. *Ed Quigley*

## FOOTBALL

■ **Arsenal** (8-15) are beginning to get into their stride and should have no problems in seeing off struggling Norwich at Carrow Road. Arsene Wenger's side have scored three goals on their last two visits to Norfolk and it is unlikely City will gain their first win of the season. *Ian Wilkerson*

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